

"Chicken, leek, and white bean soup"

Makes 1 Batch of Soup. serves 6-8

TIP : *READ this recipe through before cooking*

Ingredients:

- 2 medium onions julienned
- About 2 lbs or two large leeks cleaned, roughly chopped, stems and all
- 2 celery roughly chopped
- 2 carrots roughly chopped
- 3 cloves garlic left whole, peeled
- 1/2 thumb fresh ground ginger
- 2 chicken breast skin off chopped into about 1/4 cubed chunks
- 2 cups dry white wine
- 2 (16 oz)boxes of chicken stock, bone broth or even homemade chicken stock
- 1 tin of your fav white beans rinsed (I like cannellini or great northern beans)
- EVOO as needed
- few pats of Grass-fed salted butter as needed
- salt and pepper to taste
- crushed red pepper as needed
- 1 dried bay leaf
- 1 bunch parsley, for serving (chop as much as desired and sprinkle in at the end or in your own bowl)

Directions:

1. Put a large dutch oven, or heavy bottom stock pot on medium high heat. Add some EVOO + a good pat of butter, when it sizzles add the garlic cloves, Sautè until fragrant, then the veg, season with salt and pepper. Cook until the veg is clear and soft. TASTE, TASTE and TASTE. (this is to tell if you need to add more salt and pepper) I like to add a good pinch of crushed red pepper at this point , and the ginger, if I want it more spicy, *omit if you don't want spicy.*

2. Add in the chicken, a splash of white wine, cook until the chicken is a bit golden. Turn up your heat to high, toss in your beans, the rest of the wine,

chicken stock and bring to a soft boil. Add bay leaf, and lower the heat, put a lid on slightly askew and let simmer for 45min to an hour. I usually clean up my very messy kitchen from all the cooking. Enjoy as is, add a bit more salt and pepper as needed. Serve with fresh chopped parsley, crusty bread, and a salad.

Let me know if you make this, look forward to hearing from you. x