

Anti-Inflammatory Chicken & Ginger Soup



bnHEALTHY

This recipe combines chicken breast with healthy vegetables, ginger, and several tasty spices. This soup is filling, ultra healthy, and great source of fibre and protein.

PREP: 10 mins

TOTAL: 2.5 hours

SERVINGS: 6

YOU'LL NEED

- BN Fibre
- Cutting Board
- Knife
- Grater
- Saucepan
- Measuring Cups & Spoons



NOTES

This soup freezes great. Pack it into airtight containers, or ladle it into ziplock bags, and lay the bags flat in the freezer.

INGREDIENTS:

- 10 mushrooms
- 4-5 chicken fillets
- 2 scoops BN Fibre
- 2 small potatoes
- 1 onion
- 1 tomato
- 1 carrot
- 1 small pumpkin
- 1 celery stalk
- 1 cup spinach
- 2 tbsp ginger
- 1-2 tsp Worcestershire sauce
- 1-2 tsp soy sauce
- ½ - 1 tsp black pepper

METHOD:

1. Chop the onion, spinach, mushrooms, pumpkin and chicken.
2. Peel and chop the tomato.
3. Grate the potatoes, celery, ginger and carrot.
4. Fry onion and chicken in a medium-heat saucepan until brown.
5. Add all the vegetables and approx.—1.5L of water. Add Worcestershire, soy sauce, BN Fibre powder, pepper, and ginger.
6. Bring to a boil, then simmer for 1 ½ -2 hours.
7. Serve immediately, or store in the fridge for up to 5 days.

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