

Keto-Friendly Chicken Soup

Giving food is an expression of our compassion. We make meals for people when a family member dies. And when someone is sick, the stereotypical food that's given is chicken noodle soup. So, when my youngest son was sick this week with a sore throat, I made him some chicken soup (no noodles so his blood sugar didn't spike).

The key to this soup is 1) pan frying in coconut oil and seasoning all the ingredients so that they could be eaten by themselves and 2) using bone broth instead of regular chicken broth. You can substitute your favorite veggies in place of the carrots or celery. I use a liberal amount of coconut oil to cook with and place it all into the soup in order to increase the fat content and make it keto-friendly. Bon appétit!

Ingredients

48 oz organic chicken bone broth

32 oz chicken broth

2 cup organic coconut oil

2 large organic onions, diced

5 carrots, chopped

5 stalks celery, chopped

2 lbs organic chicken

1 cup organic rice noodles (optional)

Salt and pepper to taste.

Directions

Pan-fry the onions (caramelize), carrots, celery, and chicken, each with ½ cup coconut oil on medium heat. Season as you cook these. Cube the chicken into bite-sized pieces after they are cooked.

If you are using noodles, boil them now. Add the broth to a pot and add all the cooked ingredients into the pot with the broth and simmer at low heat. Make sure the droppings from pan-frying the chicken and the veggies make it into the soup.

I typically save the peels of the onions if they are organic because they are high in quercetin. I place them in a cheesecloth and add the peels to the soup, and then I remove them before serving.

This soup is tasty, however, high in fat. If you don't like it that greasy, you can halve the amount of coconut oil used.