

## **From the Kitchen of Gail Johnson**

### **Old-Fashioned Chicken Soup**

- 8 cups of chicken stock (low sodium preferred)**
- 5 cups of cooked chicken, diced**
- 2 medium yellow onions, diced**
- 4 medium carrots, diced**
- 4 stalks celery, diced**
- 4 tbsp diced fennel (only the bulb)**
- 2 Tbsp extra-virgin olive oil**
- 3 bay leaves**

- 1) Add oil to a large stovetop cooking pot and warm on medium heat.**
- 2) Add onions, carrot, celery and fennel and sautee until soft.**
- 3) Add chicken stock, bay leaves and chicken. Bring to a boil.**
- 4) Reduce heat to low and simmer for 5 minutes.**
- 5) Plate the soup and salt and pepper to taste.**

**Serves 4. Approximately 420 Calories per serving.**

