

Slow Cooker Healing Chicken Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-with-ginger-and-turmeric-recipe>

Ingredients:

- 1 teaspoon ghee
- 1 tablespoon coconut oil
- 8 cups water
- 5 pounds chicken pasture-raised, remove neck and giblets
- 1 yellow onion medium, diced
- 5 cloves garlic fresh, minced
- 2 cups carrots sliced
- 3 cups celery sliced
- 2 bay leaves
- 1 tablespoon sea salt
- 1/2 teaspoon pepper
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon turmeric
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 2 tablespoons coconut aminos
- 1/8 teaspoon cayenne pepper optional, helps to clear sinuses
- 1 teaspoon ginger fresh grated, per bowl, not optional
- fresh parsley
- minced garlic

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 370 milligrams
4. Fat: 21 grams

5. Fiber: 5 grams
 6. Protein: 116 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 2330 milligrams
 9. Sugar: 6 grams
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