

GOJI CHICKEN SOUP

Restorative Soups

One pot for soup. One pot for rice. One amazing dinner.

INGREDIENTS

- 5 pounds whole chicken
- 10 cups water
- 3 inch piece of ginger (sliced)
- 5 large garlic cloves (crushed)
- 1 yellow onion (halved)
- soy sauce
- 6 carrots (peeled and sliced)
- 1 delicata squash (peeled and diced)
- 3/4 cup dried goji berries
- 4 slices Wisconsin Ginseng
- 2 cups cooked white rice

DIRECTIONS

1. Bring chicken and water up to a boil with the onion, garlic, Wisconsin Ginseng, and ginger. Reduce the heat to a low simmer and cook for 1-2 hours or until the chicken comes off the bone easily.
2. Remove the chicken and pour broth through a strainer to catch onion, garlic, Wisconsin Ginseng, and ginger.
3. Return broth to the stove and add carrots, squash, and goji berries. Cook for 30 minutes.
4. While broth simmers, remove chicken from the bone and shred.
5. When broth is ready, add chicken to the pot. Stir and serve with white rice.