

Recipe – Chicken Ginger Stew

Ingredients:

- 1.5 lbs. chicken
- 4 baby bok choy, chopped
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery ribs, chopped
- 3 garlic cloves, minced
- 1 cup mushrooms
- 2 TBS fresh ginger, minced
- 1 TBS lemon juice
- sprinkle of red pepper flakes
- 1 TBS organic Better N Bullion

Directions:

Simmer chicken in water to cover plus 1 cup

(If making broth, add onion with skins, rosemary and bay leaf to boiling chicken and water; strain at end and discard)

OR use cooked chicken and a large box or can of broth

Remove chicken when cooked, about 30 minutes, and cool

Chop chicken

Add all vegetables and spices

Simmer for 15 to 20 minutes

Optional: could add brown rice or any kind of beans or chickpeas