

Energy Boosting & Stress Combating Vegetable Soup



Ingredients:

- 1 Tablespoon butter**
- ¾ cup chopped onion**
- 2 garlic cloves minced (about 2 tsps.)**
- 1 medium zucchini diced into 1-inch cubes**
- 2 cups cooked chicken**
- 4 cups chicken stock**
- 4 tablespoons tomato paste**
- 1 cup French green beans**
- 1 cup finely chopped celery with leaves**
- 2 Tablespoons Parsley, finely chopped**
- ½ tsp. Paprika**
- Sea Salt and pepper to taste**

Gently heat butter and onion and garlic. Bring stock to a boil, add tomato paste. Reduce heat add beans, celery, and zucchini and simmer until tender with onion mixture, about 10 minutes. Stir in Parsley and season to taste.

