

Boost Your Immunity with Chicken Noodle Soup (two ways)

- 2 - 32 oz boxes of chicken bone broth (or chicken stock)
- 1 whole roasted chicken
- 2 carrots
- 2 pieces of celery
- 4 cloves of garlic
- 1 medium onion
- 4 sprigs of fresh parsley
- Salt and Pepper to taste
- 1 - 14.5 box of protein noodles

Optional:

- 1 chunk of fresh ginger
- 1/3 lemon or lime
- 2 -4 tlbs soy source
- 2 - 4 tlbs of fish sauce
- Bean thread noodles or egg noodles