

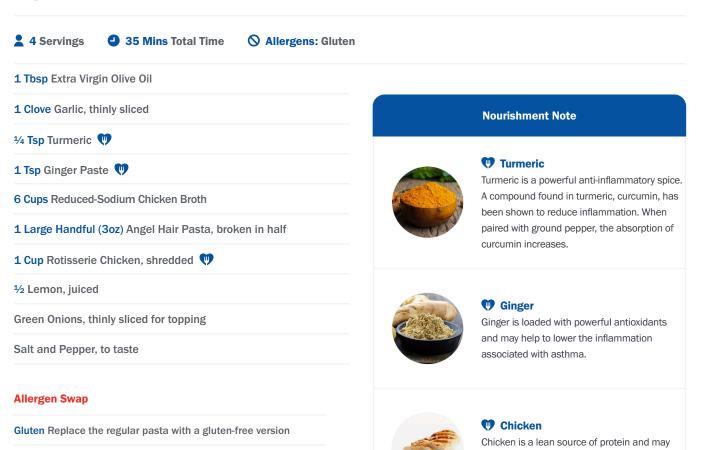
Lunch | Dinner

Soothing Ginger Turmeric Chicken Soup





Ingredients



For more resources, visit meijerspecialtypharmacy.com

needs to build healthy cells.

provide your body with the building blocks it



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté Spices

In a stock pot, sauté garlic, turmeric and ginger in olive oil until fragrant, about 30 seconds.

3. Add Chicken Broth & Pasta

Add the chicken broth and bring to a simmer, about 10 minutes. Add the pasta and cook one minute less than the package instructions.

4. Add Chicken

Add the chicken and heat through, about 1 minute.

5. Add Lemon Juice & Serve

Remove the pot from heat. Stir in lemon juice. Serve with thinly sliced green onions and salt and pepper, to taste, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from marthastewart.com

What You'll Need

	Cutting Board
ſ	Knife
Ť	Large Pot
	Measuring Cups
E E	Measuring Spoons
J	Ladle
8	Wooden Spoon

Breathe Better Food Tip

- Bring your chopping and cutting projects for this recipe to the kitchen table and sit while you prepare the food to help preserve energy.
- Many people feel short of breath when their stomach is full. Try eating smaller, frequent meals to help stay comfortable.
- Using prepared food, such as shredded rotisserie chicken, helps to save both time and energy in the kitchen.