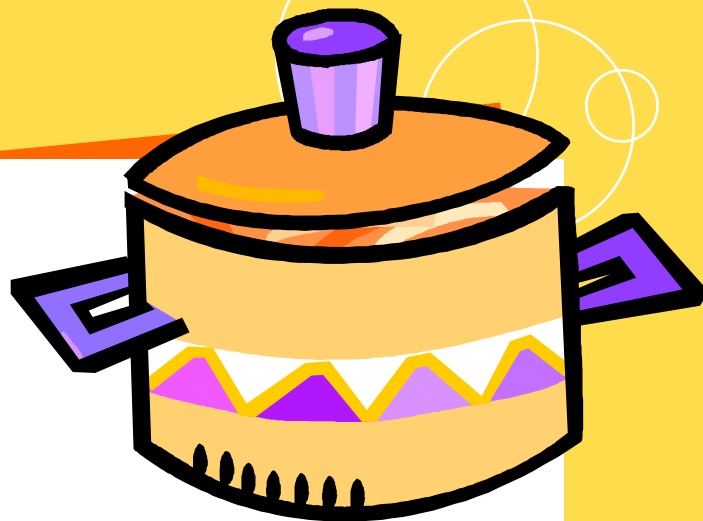


*You will want to use this recipe over and over again because it's so flavorful.*



# Starter Chicken Soup

*From Breaking the Vicious Cycle*

Using the largest pot you have, fill half of it with:

Chicken parts (legs and thighs make the most flavorful soup)

Then add:

- 10 carrots, peeled
- 2 large onions, quartered
- 2 stalks celery, coarsely chopped
- A few sprigs of parsley

Simmer for about 4 hours, then strain soup through a colander or strainer. Skim off top layer of fat (don't worry if you can't get it all). Take out carrots and puree in blender and return to the broth.

De-bone and skin chicken pieces and put meat into broth. Discard bones and skin, onions, celery and parsley. These vegetables should not be used at the start of the dietary regimen because their fibrous parts may cause problems.