



# Chicken Tinola

SOUP

GLUTEN FREE, DAIRY FREE

serves: 4- 6

active time: 15 min.

total time: 15 min.

## INGREDIENTS

- 2 Tablespoon coconut oil
- 2 cups onion, chopped
- 2 cups carrots, chopped
- 4 large garlic cloves, minced
- 2 inches ginger, peeled and chopped
- 2 heaping cups cabbage, shredded
- 6 cups homemade broth (bone broth or cleansing broth)
- 2- 3 cups shredded or chopped chicken (poached or roasted)

## TAMARI LEMON DRESSING

- 4 Tablespoons tamari
- 4 Tablespoons fresh lemon juice
- large pinch of pepper

## INSTRUCTIONS

1. Heat coconut oil in large saucepan (or pot) over medium heat. Sauté garlic, ginger, carrots and onion until softened and onions are translucent. Season with salt and pepper.
2. Add shredded chicken and cabbage to the pan for just a minute or so. Add broth and bring to a simmer.
3. Let simmer until cabbage and chicken are warmed through.
4. Top each bowl with a Tablespoon of Tamari Lemon Dressing.