



WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART HEALTHY LIFESTYLE



DR. SINATRA'S **SPICY CHICKEN SOUP**

This immune-boosting soup helps you eliminate sinus and lung congestion, and tastes great, especially if you enjoy spicy foods!

In a soup or large sauce pan, sauté chopped [onion](#) and a few tablespoons of [olive oil](#) on low-ish heat until translucent. Add chopped carrots and celery until partially cooked. Add salt, pepper, a few bay leaves, a small organic chicken or chicken parts, and at least enough filtered water to cover the chicken. Bring this mixture to a boil, then simmer on low-ish heat. After 25 minutes or so, take the chicken out, let it cool enough to handle, then remove the bones and skin, and return the meat back to the soup. Add any beans or fresh vegetables like sliced green peppers or zucchini, as well as sliced hot peppers, [garlic, and/or ginger](#) and continue simmering for 20 minutes or so. Top with chopped fresh herbs, like parsley or cilantro.

Try experimenting with modest amounts of seasonings and spicy or pungent ingredients, then add more to taste. The hotter the soup is with volatile ingredients, the better it is as a cold and flu-buster.

Choose organic items whenever possible

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)