



Prep Time: 5-10 Minutes / Cook Time: 20 Minutes / Serves: 4-5

## Ingredients:

- 1 container of Trader Joe's Mirepoix (mix of chopped celery, onion, carrot)
- 3 cloves of garlic, chopped
- 2 tablespoons fat of choice (avocado oil, ghee, coconut oil or bacon grease)
- 2 medium parsnips, chopped
- 1 pre-cooked rotisserie chicken or 2-3 roasted chicken breasts, shredded or chopped
- 8 cups of chicken or veggie broth (make your own or use Pacific Foods brand)
- 1 cooked & chopped sweet potato or butternut squash (roasted or steamed)
- 2-3 handfuls of spinach, swiss chard or mixed power greens
- 1 tsp fresh thyme
- sea salt and black pepper to taste

## Instructions:

1. In a large stock pot, heat fat over medium heat and add Mirepoix, parsnips, and garlic, sautéing until tender and onions are translucent (approx. 5 minutes).
2. While that is cooking, blend your sweet potato or squash in with your broth in a high speed blender, then add to the stock pot.
3. Add your chicken and thyme, bring to a boil and let simmer for 10-15 minutes or until parsnips are tender.
4. Turn off heat and stir in greens until wilted.
5. Add sea salt and pepper to taste.

## Serving Suggestions:

- Add chopped avocado on top for a well-balanced nutritious meal any time of the day
- Stir in one raw egg while heating leftover soup on the stove as a quick and hearty breakfast
- Have a small portion as a night-time (or anytime) snack
- Make a double batch and freeze individual portions to grab for a quick lunch to take to work