

Gluten  
free

## kitchen sink chicken soup

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Singer, Songwriter, Broadcaster and Author

This is very easy, very healthy and very yummy!

Makes about 6 servings

4 Tbsp coconut or olive oil  
2 boneless, skinless chicken breasts, cut into bite-size pieces  
1 can (19 oz) black beans, drained and rinsed  
2 carrots, peeled and finely chopped  
2 stalks celery, finely chopped  
1 sweet red pepper, seeded and finely chopped  
1 small onion, finely chopped  
Handful of finely chopped parsley or chives  
4 cloves garlic, minced  
½ tsp ground cinnamon  
¼ tsp cayenne  
6 cups chicken stock  
Salt and pepper to taste

1. In a large pot, heat the oil over medium heat. Add the chicken, beans, carrots, celery, red pepper, onion, parsley, garlic, cinnamon and cayenne. Cook, stirring constantly, for 10 minutes.
2. Add the chicken stock and season with salt and pepper to taste. Bring to a boil over medium-high heat. Reduce the heat to low and cook, partially covered, for 90 minutes.
3. Ladle the soup into bowls and eat!

