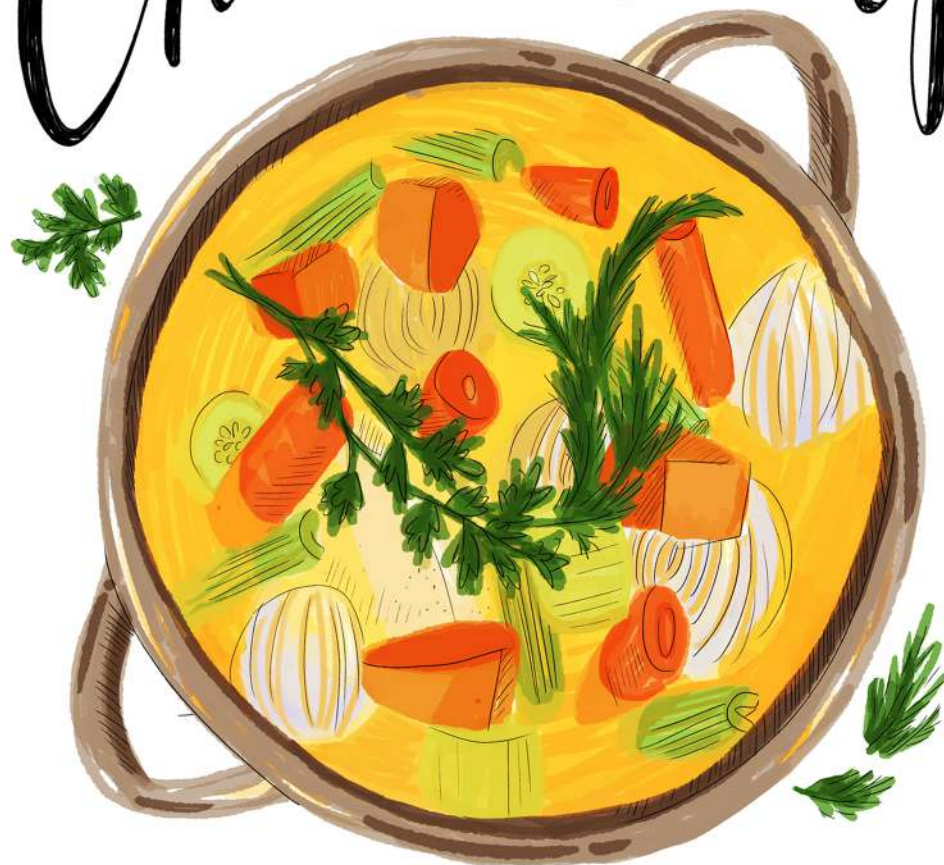


FRESH SABRA'S Chicken Soup



INGREDIENTS:

4-6 chunks of asado or flanken	1 kohlrabi cut in quarters
2 chicken legs (thigh and drum) skinned, preboiled and rinsed	1-2 zuchinis cut into thirds
4 small carrots cut into big chunks (cut the carrots in half or in thirds)	1 bunch parsley
1 big onion peeled (halved or whole)	1 bunch dill
4 celery ribs cut into thirds	1 tbsp pink salt
1 small sweet potato cut into big chunks	1 tbsp granulated garlic
	Freshly ground pepper
	1 tbsp soy sauce

1. In your big soup pot, sear the asado/flanken on both sides. Meanwhile in another pot, boil your skinless chicken while you prep all your veggies.
 2. Once all your veggies are prepped, throw them on top of the seared asado. Add the salt, garlic, and pepper, and don't mix! It'll make a little spice rub that locks in all the flavors. Give it 3-4 minutes on a medium flame.
 3. Pour the water over the meat and veggies. Then add the soy sauce and your fresh herbs. I like to tie my parsley and dill with thread and then throw it in. This way I can just pull it right out when serving.
 4. Add in your preboiled and rinsed chicken (this ensures none of the gunk gets in the broth. You'll have a nice clear and flavorful broth this way)
 5. Cover the pot and raise the flame till you get a real strong boil. Once boiling, reduce the flame so you have a low simmer and keep it simmering for as long as possible! At least 5 hours for perfect flavor.
- * You may find that some of the liquid evaporates. If this happens, I usually add another 1-2 cups of water with an additional 1 tsp of soy sauce and 1 tsp of pink salt