

Citrus Chicken Soup (aka. Face Plant Soup)

One of my favorite patients channels soup recipes whenever she is having a particularly good acupuncture treatment. She calls acupuncture “endorphin mediated face-plant therapy” because of the excellent night’s sleep she gets on her treatment nights. Here is one of our favorite acupuncture inspired recipes:

1 lb Organic Chicken or grass fed Beef (either can be pre-roasted or grilled)
2 Tbs Extra Virgin Olive Oil (EVOO)
3 cloves Garlic, crushed
1 Onion, chopped
1 cup Brown Rice or Millet
16 oz box organic chicken or beef stock
1 inch piece of fresh Ginger, grated
1-3 teaspoons Cinnamon
Paprika ½ tsp
1 Organic Orange, zest plus juice
Organic Lime juice (1/2 lime)
1 small Butternut squash – small pieces - add 15-20 min at end
1 Zucchini (same as above)
1-2 Carrots, chopped
Salt & Pepper to taste

Heat a soup pot on med-high heat. When hot, add EVOO and heat.

Sauté onion, garlic and if necessary the chicken / beef until braised / browned.

Add rice or millet, then stock and any water necessary to cover plus a couple of inches.

Stir.

Add ginger, cinnamon, paprika, zest and juice from one orange, juice from ½ lime.

Stir. Allow to come to a low boil. Reduce heat to simmer and cover.

Meanwhile, chop up carrots and add to pot.

Chop up butternut and zucchini squash and set aside.

Cook until grain is about half way done.

Add squashes, any water necessary, and cook for 15-20 more minutes until butternut squash is fork tender.

Add salt and pepper to taste.