



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Homemade Chicken Soup, Green Salad

#### Homemade Chicken Soup

1 chicken carcass (leftover from a roast chicken)  
¼ cup vinegar  
Water  
Any leftover chicken from the roast, chopped  
1 onion, chopped  
2 cups chopped celery

1 red bell pepper, seeded and chopped  
2 cups fresh or frozen corn (off the cob)  
Any other vegetables you have on hand, chopped  
2 cups brown rice (cooked)  
Real Salt and fresh black pepper to taste

#### *Instructions:*

- Place chicken and vinegar in a large pot. Cover with cold water and bring to a simmer. Skim any scum that rises to the top. Cover and let simmer several hours.
- Let cool slightly and remove carcass.
- Add chopped chicken meat, vegetables and rice. Simmer about 10 minutes.
- Season with salt and pepper to taste.

#### Green Salad

Romaine lettuce  
Carrots  
Beets  
Avocado  
Sunflower seeds  
Extra virgin olive oil  
Balsamic vinegar

- Cut up your vegetables whatever way you like them cut.
- Sprinkle on some extra virgin olive oil and balsamic vinegar.

**Enjoy!**