

Healthy Chicken Soup

Dr. John A. Allocca

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2 cups water

1 pound mushrooms, sliced

1 pound zucchini and yellow squash, cut into medium pieces

12 oz. baby carrots

3 pounds boneless, skinless, chicken tenderloins

10 oz. frozen corn

3 tablespoons oregano

2 tablespoons butter

5 oz. baby romaine

1/2 cup cold pressed olive oil

Add all the ingredients above except the romaine and olive oil into an 8 quart pot. Cover and simmer for 1.5 to 2 hours. Stir occasionally. Remove from heat. Add romaine and olive oil.