



Ingredients (Stock):

- 8-10 Cups of chicken stock, vegetable stock, or water.
- 2 To 4 celery stocks (depending on size)
- 2 To 4 carrots (depending on size)
- 1 Large white onion

Ingredients (Soups):

- 6 to 8 carrots (depending on size)
- 1 Bunch of asparagus
- 2 Teaspoons olive oil
- ¼ Teaspoon kosher salt
- 1/8 Teaspoon pepper
- 1 Teaspoon plain yogurt
- 1/8 Teaspoon freshly grated ginger
- 1.5 Lbs. Boneless skinless cooked chicken breast
- Juice of ½ lime
- 1 Handful minced cilantro
- 1 Baby bok choy
- 1 Red jalapeno (optional)



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In a large pot, add sautéed chopped carrots, onion, and celery to stock.

Bring to a boil, then set aside to cool. Preheat oven to 400 degrees.

Chop 6 to 8 peeled carrots and place them on one side of a roasting tray.

Then add 1 bunch of asparagus on the others ide of roasting tray. Drizzle olive oil and sprinkle salt and pepper onto carrots and asparagus. Roast the veggies in oven at 400 degrees for 12-14 minutes.

For the carrot soup, put the roasted carrots and 2 1/3 to 3 1/3 cups of the boiled and cooled stock into a blender. Blend until smooth and creamy. Drizzle with olive oil and garnish with grated ginger for flavor.

For the asparagus soup, repeat process by adding roasted asparagus and 2 1/3 to 3 1/3 cups of the boiled and cooled stock into a blender. Blend until smooth and creamy.

Garnish with one cut asparagus spear and plain yogurt.

For the chicken cilantro soup, shred 1.5 Lbs. of cooked chicken

breast by using a fork. Then add into the pot of remaining stock that has been brought to a boil.

Place on medium heat and let simmer for 15-20 minutes while adding salt and pepper to taste.

Garnish with juice from ½ a lime, minced cilantro, chopped baby bok choy, and a chopped red jalapeno for a finishing touch.