

## Cinnamon Curry Chicken Soup

*Recipe makes 1 serving*

*Each serving = 1 protein, 1 vegetable*

The chicken can go straight from the freezer to the saucepan or crockpot on this one. If frozen, place the breast in whole, and then when the soup is finished, cube or shred the chicken. Very flavorful!

### Ingredients

- 100 grams of white chicken breast meat - cubed
- 100 grams diced onion
- 2 cups hCG Diet approved chicken broth
- 3 cloves minced garlic
- 1/2 tsp curry powder
- 1/4 tsp cinnamon
- 1/4 tsp pumpkin pie spice
- sea salt/black pepper to taste

### Directions

1. In saucepan, combine all ingredients.
2. Bring to a boil.
3. Reduce heat, cover, and simmer 45 mins.

