INSTANT POT CHICKEN WILD RICE SOUP

INGREDIENTS

1 1/2 lbs organic chicken breast, cut into small chunks

1 organic onion, chopped

1 bundle of organic celery, chopped

2 lbs organic carrots, chopped

1-2 organic cloves of garlic, finely chopped

8 cups organic chicken broth

1 can of organic coconut milk (We like Native Forest)

1 can organic coconut cream (We like Native Forest)

1 cup uncooked organic wild rice

2.5 cups of water

1 teaspoon Himalayan Sea Salt

DIRECTIONS

Add wild rice, water, & salt to Instant Pot. Place lid on the Instant Pot & seal the vent. Press the manual button and adjust the cooking time to 35 minutes on high pressure. When it's done, manually release the pressure. Open lid and fluff the rice.

After the rice has been cooked and fluffed, add chicken broth to the Instant Pot and stir. Then add onion, celery, carrots, garlic, and small chunks of chicken. Add salt to taste.

Place lid on Instant Pot and seal the vent. Cook on high for 30 minutes. Manually release the pressure. Open lid and stir soup.

Add coconut milk and coconut cream and stir. Place lid back on and let mixture sit for 15 minutes.

These TLC favorites are Gluten-Free, Dairy-Free, and guaranteed to warm up your winter.

CROCKPOT BUTTERNUT SQUASH, CHICKEN, & ROSEMARY

INGREDIENTS

1 1/2 lbs of organic chicken, cubed

1 organic onion, chopped

1 tablespoon organic rosemary (we prefer fresh, but you can use dried organic rosemary)

4 tablespoons coconut oil

1 tablespoon Himalayan Sea Salt or to taste

3 lbs organic butternut squash, peeled and cut into 1.5 inch cubes

DIRECTIONS

Add 2 tablespoons coconut oil to bottom of crock pot and turn on low. Add butternut squash and onion to crock pot and mix. Add chicken in on top and sprinkle with rosemary and Himalayan Sea Salt. Top with 2 tablespoons coconut oil.

Place lid on and let cook for 8 hours on low. Cooking time will vary depending on individual Crockpot type. You can also turn on high for 3.5 to 4 hours if you are home.

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OUR NEW EIGHT-WEEK ONLINE COURSE TO CREATE REAL CHANGE IN ANY AREA OF YOUR LIFE.

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