

HEALING MOROCCAN CARROT BROTH WITH PULLED CHICKEN & VEGETABLES



Make this dish on a Sunday night and enjoy several meals, especially if you double the recipe. Take pleasure in the sultry flavors of saffron, cinnamon and ginger as your body opens to health and healing.

Prep Time: 1 hour (1¼ hour if roasting your own chicken)

Total Time: 1½ hours (2½ hours if roasting your own chicken)

Yield: 6 servings

Kitchen Equipment Needed: blender

INGREDIENTS

- 1 organic rotisserie chicken or Simple Roasted Chicken (pg. 194), skin removed, meat pulled into bite-sized pieces
- 9 carrots, cut into large cubes
- 1 tablespoon coconut oil
- 2 to 4 teaspoons high mineral sea salt
- 1 red onion, halved and thinly sliced
- 32 ounces Mineral-Rich Bone Broth (pg. 88) (chicken), or purchased low-sodium chicken stock or broth
- ½ teaspoon dried saffron
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- 1 cup celery, chopped fine, about 3 stalks
- 1/3 cup peeled and rough-chopped fresh ginger (about ¼-inch chunks)
- 4 cloves garlic
- 4 cups water
- 1 head kale (any type), ribs removed, leaves roughly chopped (about 6 to 8 cups)
- 1½ tablespoons fresh lemon juice
- 1 to 2 cups chopped herbs such as cilantro and/or parsley

DIRECTIONS

Roast the carrots and onions.

1. Preheat oven to 400°.
2. Combine 6 chopped carrots (reserving 3 raw carrots for the saffron stock) with the coconut oil and ½ teaspoon salt. Put in oven for 3 minutes, remove, toss to coat in the melted oil and roast for 10 minutes more.
3. After carrots are out of the oven, add sliced red onions to carrots, and roast them together for 15 to 25 minutes more, until onions are brown and caramelized. Remove from oven and let cool.

Prepare the saffron stock.

1. In a 5- to 7-quart pot, place the broth, saffron, turmeric, cinnamon and celery. Bring to a boil and simmer for 20 minutes.
2. In a blender, add the 3 reserved chopped carrots, ginger, garlic and 1 cup of the water. Turn the blender on medium power and slowly add remaining 3 cups of water. Increase the speed, until all particles have turned to liquid, about 3 to 4 minutes.
3. Strain this liquid carefully into the saffron stock. Bring the stock back to a boil and simmer for 10 minutes more.

Combine and finish.

1. To the saffron stock, add the pulled chicken, roasted onions and carrots and stir well. Add the chopped kale, cilantro and parsley (if using).
2. Allow kale to finish cooking, about 5 minutes more, season to taste with approximately 1½ tablespoons lemon juice, 1 to 2 teaspoons salt, ½ teaspoon pepper and enjoy!