

## 10/12/11 - Chicken Soup with Mushroom Dumplings

Rich and fragrant, chicken soup is liquid gold. When you make soup, start with fresh ingredients, real chicken, vegetables, and water. You don't need bullion cubes with all that extra salt and perhaps other artificial ingredients. I make a large pot of soup and freeze some of the pure golden liquid for future uses. With Sukkot coming, and eating outside the plan, soup is a good thing to put on the menu to ward off the chill in the night air. [\[click to continue...\]](#)

