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HCG Diet Approved Boullabaise Recipe

Prepare Chicken Boullion stock as a base in advance. Freeze the boullion in 2 cup sealed containers for future use.

Boullion Stock

6 100gm (3.5 ounce) portions of boneless, skinless chicken breast
8 c water
2 tsp Sea salt
¼ tsp Celery salt
¼ tsp Pepper
¼ tsp Oregano
¼ tsp Basil
¼ tsp Parsley
¼ tsp Sage leaves, crumbled or whole
¼ tsp Thyme
¼ tsp Onion powder
4 Fresh Crushed Garlic cloves

Combine all ingredients in a large soup pot. Bring to a boil and reduce to simmer for 2 hours. Remove the chicken and allow to cool then wrap individually in saran wrap, place in freezer Ziploc bag & freeze for future use in soups or salads.

Boullabaise (Fish soup) (2 full servings- each serving is 1 veg, 1 protein)

200gm (7 ounce) of a variety of approved seafood (white fish, tuna, shrimp, scallops, king crab meat)
4 c Boullion stock
2 Tomatoes (medium) sliced and chopped
3 Fresh Crushed garlic cloves
1/8 t Thyme
1/8 t Celery seed
1/8 t Celery salt
1/8 t White pepper
1/8 t Onion powder
1/2 t Onion flakes
1/2 t Parsley
1/4 t Oregano
1/2 t Basil

1. Crush garlic into saucepan with 2 tablespoons of broth
2. Saute & then add rest of broth
3. Add chopped tomato & all other ingredients
4. Bring to a boil then reduce heat to a low simmer for 10 minutes covered and serve hot.

This makes 2 heaping servings and may stretch to a third. For a variety of textures, break a melba toast or round into the soup as you are eating it to add a crunchy texture.