

## Lemon Chicken Elation

*From: Eat Right, Feel Right, PESI Premiere Publishing (2017) Leslie Korn*

This meal is a simple mood boosting meal that cooks itself when you use a slow cooker. The aroma of lemon lifts depressed mood, the chicken stabilizes blood glucose and sustains energy and is also antibacterial and antiviral. Garlic is rich in sulfur which supports liver detoxification and the minerals from the slow cooked vegetables are full of potassium which enhances relaxation and supports adrenal function and thereby allows you to adapt to stress.

Preparation time: 20 minutes

Cooking Time: 4-8 Hours

Yields 4-6 meals

### Ingredients

1 whole organic/free range chicken (including neck and feet)

4 c. water

4 stalks sliced celery

3 medium carrots

4 small red potatoes or 2 sweet potatoes, diced

1 onion diced

1 clove crushed garlic

Sea salt to taste

2 lemons

Note: You can do a variation on this same soup by replacing the lemons with .-. cup of dry white wine instead of the lemon. The alcohol cooks off and leaves a nourishing rich broth.

### Directions

1. Wash chicken and place whole or quartered in the slow cooker along with vegetables and liquids.
2. Cook for 4 hours on high, or 8 hours on low.
3. Add the salt and then juice from 2 lemons, and grate 1 teaspoon of lemon zest on top before serving.

**Cooking Tip:** Never add salt or lemon until after a soup has finished cooking