



From the Kitchen of Executive Chef Jessica VanRoo



Chinese Chicken Soup with Astragalus and Mushrooms

Ingredients

- 1 3-4 lbs free range organic chicken, black silkie chicken, or Cornish game hen
- 12 shitake mushrooms, rinsed well and soaked until soft
- 4 slices of dried astragalus root
- 8 jujube dates
- 5 slices of ginger
- 5 dried scallops
- ¼ cup cooking rice wine, optional
- 2 oz goji berries

Instructions

1. Combine all the ingredients, except goji, in a large pot. Add enough water to cover the chicken. Bring everything to a boil, then simmer for 2-3 hours.
2. To make this in an instant pot, cook on high pressure for 25 minutes and allow the pressure to come down naturally. Stir in the goji berries and cook and serve.
3. You can also slow cook for 8 hours, adding the goji berries at the end.