

Warming Food for Arthritis
that is worse in cold weather

To Move Qi & Blood, Tonify Yang,
Eliminate Wind-Cold

Ingredients: 3 lb. chicken thighs (easy to debone)
2 sweet potatoes
2 cups quinoa, oats or barley
3-4 tbsp olive oil

season with a combination of:

- cumin, turmeric,
- rosemary, garlic, thyme
- cinnamon, ginger (hot)
- coriander

Procedure:

Heat stock pot over high heat and add olive oil, quickly add chicken thighs skin side down and brown. Add smashed garlic, and herbs. Add quinoa and potatoes. From a separate pot of boiling water, add enough to cover ingredients. Cook until potatoes and quinoa are tender. Finally add the greens and cook for another 5-10 minutes.

The cartilage tips will cook off the bones and provide glucosamine.

Remove bones before feeding.