



Labor Soup

yield 8 SERVINGS

prep time 20 MINUTES

cook time 6 HOURS

total time 6 HOURS 20 MINUTES

INGREDIENTS

- 1 large onion, chopped fairly small
- 1 cup chopped celery
- 10 cups homemade chicken stock
- 1 tsp. poultry seasoning
- 1 tsp. dried thyme
- fresh ground black pepper to taste
- 2 medium sweet potatoes, peeled and cut into 3/4-inch cubes
- 2 cups chopped cooked chicken
- 4 cups finely chopped kale (packed into measuring cup)
- 2-3 T balsamic vinegar

INSTRUCTIONS

1. Peel and chop the onion and chop enough celery to make one cup chopped celery; add onion and celery to the slow cooker. Add the poultry seasoning, dried thyme, 10 cups chicken stock and fresh ground black pepper, turn on the slow cooker and let it start to cook while you chop the sweet potatoes.
2. Peel sweet potatoes and cut into 3/4-inch cubes. Add to the slow cooker cook for 4 hours on high or 8 hours on low.
3. Chop up enough chicken to make 2-3 cups bite-sized pieces.
4. Cut away the ribs from the kale leaves and finely chop enough kale to make 4 cups packed kale.
5. Add the chicken and kale to the slow cooker and turn to high if you've been cooking on low.
6. Cook for 1-2 hours more on high, or until the kale is done to your liking.
7. Add balsamic vinegar and stir into the soup.
8. Serve hot or freeze and then thaw you go into labor.

Padsilces

Padsicles are the best postpartum pads because they are covered in aloe vera, witch hazel and lavender oil.

SUPPLIES

- 20 Extra Heavy Overnight Maxi Pads
- Aloe Vera
- Witch Hazel
- Lavender Essential Oil

INSTRUCTIONS

1. Partially unwrap a few pads at a time, but don't detach the wrapper. Spread aloe vera generously up and down the whole pad. Don't just do the middle part - spread it further down almost to the bottom of the pad. Just trust me on that. Pour about a teaspoon of witch hazel down the middle.
2. Add a few drops of lavender oil. Fold the pads back up to how they were and stick them in a gallon sized plastic bag, then freeze. Pull them out of the freezer, one by one, as needed and let them thaw for two or three minutes before use.

NOTES

- Always Overnight Maxi with wings are the pads I prefer for this.
- The essential oil is optional, but lavender oil does have healing properties so I recommend using it if you can! Also, it smells amazing.