



Simple • Natural • Homemade

THYME'S

3 Most Popular Recipes

Thyme is a fragrant and powerful herb known for its immune-supporting, antioxidant, and anti-inflammatory properties. These easy recipes make it delicious to enjoy every day!



Supports:

- Immunity
- Respiratory Health
- Digestion
- Heart Health
- Healthy Skin

ABOUT THYME



Thyme has been cherished for centuries for its ability to support wellness and add incredible flavor to food.

It helps support the immune system, soothe coughs, aid digestion, and protect cells with its antioxidant power.

A little thyme truly goes a long way!

1



THYME CHICKEN SOUP

Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, sliced
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 6 cups chicken broth
- 2 cups cooked chicken, shredded
- 1 tsp dried thyme (or 1 tbsp fresh)
- Salt & pepper to taste
- 1 cup egg noodles or brown rice
- Fresh thyme for garnish

Instructions:

1. Heat olive oil in a pot over medium heat.
2. Add onion, carrots, celery, and garlic. Sauté 4–5 minutes.
3. Add broth, thyme, salt & pepper. Bring to a boil.
4. Stir in chicken and noodles or rice. Simmer 15–20 minutes until tender.
5. Garnish with fresh thyme and serve warm.

Benefits: Soothes colds, strengthens immunity, and supports digestion while providing comforting warmth.

2



ROSEMARY & THYME ROASTED POTATOES

Ingredients:

- 2 lbs baby potatoes, halved
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp dried thyme (or 1 tbsp fresh)
- 1 tsp dried rosemary (or 1 tbsp fresh)
- Salt & pepper to taste

Instructions:

1. Preheat oven to 425°F (220°C).
2. In a bowl, toss potatoes with olive oil, garlic, thyme, rosemary, salt & pepper.
3. Spread on a baking sheet in one layer.
4. Roast 30–35 minutes, flipping halfway, until golden and crispy.

Benefits: Thyme and rosemary together support heart health, reduce inflammation, and boost antioxidant intake.

3



THYME LEMON VINAIGRETTE

Ingredients:

- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1 tsp fresh thyme leaves
- Salt & pepper to taste

Instructions:

1. Whisk all ingredients in a small bowl or jar until well combined.
2. Taste and adjust seasoning as needed.
3. Drizzle over salads, roasted veggies, or grain bowls.

Benefits: Supports digestion, provides antioxidants, and adds fresh flavor without extra calories.

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