

How to Make Healthy Chicken Stock (Broth)

(this is how to get the most minerals out of the chicken bones)

1 whole chicken or package split chicken breasts* *(must have bones to make good stock)*

4 quarts cold water (16 cups...just fill the pot!)

2 Tbs white or apple cider vinegar

1 large onion, cut into wedges

2 carrots, washed, peeled and chopped into 3-4 pieces each

3 ribs celery, washed and chopped into 3-4 pieces each

1-2 whole cloves garlic (optional)

1 bunch parsley (or a Tablespoon of dried)

- Place everything except parsley in large stainless steel pot. Let stand 30 minutes to 1 hour at room temperature.
- Bring to a boil over high heat and throw away any scum that rises to the top.
- Reduce heat to very low, cover and simmer for 4-24 hours. The longer you cook it, the richer and more flavorful it will be.
- About 10 minutes before finishing, add parsley if you have it (still good without).
- Remove chicken pieces, let cool and remove meat from bones. You can pour the contents of the whole pot through a colander and catch the broth in a large bowl if you want. Throw the veggies away.
- Strain stock into jars or heat-proof containers and cool in fridge; will last about a week.

Tips:

- *What kind of chicken to use? As long as you've got bones, you can make stock (you don't even need meat). You can use any chicken parts with bones, you can cut the raw chicken off the bones and make a stir fry, you can even use bones from people's plates (as long as it's not spiced too much). The long cooking will zap any germs.
- Feel free to pull the meat out after 2-4 hours if you're using meat-with-bones. If you leave the meat in the entire 12-24 hours, it gets pretty tasteless.
- Homemade stock (broth) can be frozen – just be sure to leave an inch of space at the top or you'll break your container.
- Pour some broth into ice cube trays and pop the cubes into a freezer bag to thaw when you just need a ½ cup or cup of broth. Freeze some in 2-cup portions to equal one 15-oz can of broth for recipes.
- Freeze the leftover shredded chicken, too. Try 2-cup portions and you'll be ready for many soups and casserole recipes.
- Use in any recipe calling for broth or stock or make your own soup or gravy. Just remember to add salt!

Chicken Noodle Soup

3-4 carrots, sliced

1-3 ribs celery, sliced

About half a bag of noodles

4 cups chicken broth/stock

2 cups cooked, shredded chicken

Salt, pepper, spices

Bring chicken stock to a boil while slicing vegetables. Add vegetables to broth; cook on low about 5 minutes. Add noodles and chicken and bring to a boil again; reduce heat to simmer and cook according to noodle package directions. If you're using homemade chicken broth, add about a teaspoon of salt and ¼ tsp. pepper. ½ tsp. dried thyme adds a lot of flavor. Soup freezes well!