

Bone Broth Chicken Soup

Yield: 10-14 servings

Prep time: 30 minutes

Total time: 2-4 hours

INGREDIENTS

organic chicken | 1 whole
water | enough to cover chicken
yellow onion | 1 medium, diced
garlic | 6 cloves, minced
carrots | 3 large, sliced
celery | 3 stalks, sliced
fresh rosemary+parsley | to taste
sea salt+pepper | to taste

DIRECTIONS

1. In large stockpot add all ingredients above and cover with filtered water. May add a little organic chicken/veggie stock to the water. Avoid any stocks with YEAST added to it.
2. Let the chicken soup simmer for at least 3-4 hours over low heat in a covered stockpot. Cook the chicken well enough until it is falling off the bone.
3. Using a large strainer, strain the liquid into a separate pot. This will capture the bone and meat and allow you to debone and add the edible meat back into the liquid (or keep for a later purpose if you wish). Place back on low heat and add your soup ingredients of choice (see notes).



ABOUT THIS RECIPE:

Great for connective tissue rebuilding and gut healing; contains glucuronic acid, glucosamine, chondroitin, and dermatan-sulfate.

Gluten free, Dairy Free, AIP Diet, Anti-Inflammatory, Anti-Candida

NOTES

Optional additional ingredients:

- *Veggies of your choice; try carrots, zucchini, onion, green beans, celery, and/or sweet potato. Start with veggies that take longer to cook (i.e. potato, carrot) and add veggies that take less time to cook (i.e. zucchini) last 30 minutes of simmering.*
- *If desired can also add: red or brown lentils, short grain brown rice, millet, or quinoa. Cook separately or add before veggies*

Remember: *May be prepared as regular soup OR simply stock once you remove meat and bones*

Excess soup freezes well. Freeze in glass containers. Do not fill completely as liquid will expand. Thaw in refrigerator and reheat in pot on stove, not microwave.

Julie's Tip: *"I love mixing it up with seasonal veggies and freezing ½ the batch for later in ice cube trays to use for cooking!"*