

A Year of Healthy Soup!

STOCKS

Ultra Rich Chicken Stock

Makes 3 quarts

- 4 quarts cold water
- 5 lbs. Chicken Backs
- 1 Onion – chopped into large chunks
- 2 ribs Celery – chopped into large chunks
- 2 Carrots – chopped into large chunks
- 4 cloves of Garlic – smashed
- Fresh herbs such as Rosemary, Thyme, Basil, and Dill
- 2 Bay Leaves
- 1 TBS. Peppercorns
- 1 TBS. Salt

Put all the ingredients into a large stock pot, cover, and then bring to a boil. Keep covered and simmer for 4 hours on low. Remove the chicken bones and large pieces of vegetable. Pour the stock through a strainer to remove the smaller bits. Allow the stock to cool and then remove the fat from top. If refrigerated first, the fat can be removed more easily. Use the stock within several days or freeze.