

NOURISHING CHICKEN SOUP



INGREDIENTS

- 1 (3-3.5 pound) whole chicken
- 4 medium carrots, halved
- 4 celery stalks, halved
- 1 large onion, halved
- Water to cover
- Salt + pepper + parsley to taste
- Two teaspoons of chicken bouillon base
- Optional: Egg noodles (if you like chicken *noodle* soup)

DIRECTIONS

1. Put the whole chicken, the halved carrots, the halved celery, and halved onion in a large pot and cover with water until there is about 1-2 inches above the chicken. Heat and simmer, uncovered, until the chicken falls off the bones. Usually, this takes 1.5-2 hours.

2. Take everything out of the pot and strain the broth. While the chicken cools outside the pot, go ahead and season the broth with salt, pepper and chicken bouillon to taste, if desired.
3. Return to the chicken and peel the meat off of the bones. Chop the carrots, celery and onion. Return the chicken, carrots, celery and onion to the pot, stir together. This would also be the time to add egg noodles, if you like chicken noodle soup.
4. Serve and enjoy!