

Healthy Chicken Stock

Prep Time: 10 mins, Cooking Time: 3 hrs

Yields: Approx. 16 cups

Ingredients:

- 1 tbsp extra virgin olive oil (evoo)
- 1 chicken carcass and any leftover parts - chopped
- 2 carrots, cleaned and cut into 1" pieces
- 2 celery stalks, cleaned and cut into 1" pieces
- 2 onions, cut into quarters (remove only 1 layer)
- 1 tsp coarse salt
- 8 pepper corns
- ½ tsp white pepper
- 1 tbsp dried parsley flakes
- 1 tbsp dried oregano flakes
- 1 tbsp dried basil flakes
- 3 bay leaves
- 4 cloves garlic
- Cold water
- Salt and pepper to taste



Instructions:

1. In a large pot over medium heat, add evoo and chicken
2. Sear for 3 minutes per side, or until lightly browned on all sides
3. Remove chicken – set aside
4. Add carrots, onions and celery. Saute for 4 to 5 minutes
5. Add remaining ingredients and chicken to the pot
6. Add water to about 3 - 4" over top of the chicken and ingredients
7. Bring to a boil and reduce to a simmer, skim off any impurities
8. Cover the pot loosely with a pot lid and simmer for 3 to 4 hrs (adjust seasoning after 2 hours)
9. Let cool and skim off fat
10. Pour through a strainer into a another pot or storage containers

Recipe by: The Kitchen Tool

Visit us at www.cookandrenovate.com for delicious and healthy recipes!

All content including photos and recipes is copyrighted by cook and renovate and may not be reproduced without permission!

e-mail: thekitchentool@cookandrenovate.com