

Homemade Chicken Broth

Although this recipe takes a little time to come together, the results are well worth it. Making homemade chicken broth is a great way to get more value from a whole roasted chicken and to use up excess vegetables. As an added bonus, the difference in flavor between homemade broth and store-bought varieties is undeniable.

For best results, use a large stock pot for this recipe. If you do not have one, use a large (6-quart or larger) Dutch oven or similar pot. If using a 6-quart pot for this recipe, stir more frequently to ensure exposed parts are submerged during the cooking process.

Ingredients:

- 1 5-6 pound roasted chicken carcass
- 3 large carrots, roughly chopped
- 3 large celery stalks, roughly chopped
- 2 medium yellow onions, roughly chopped
- 4-5 large cloves garlic, peeled and smashed
- 1 T. dried oregano
- 1 T. dried parsley
- 1 T. dried thyme
- 1 T. whole black peppercorns (or ½ t. ground pepper)
- 1 t. coarse sea salt
- 2 whole bay leaves
- 12 c. water



natural
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Prep time: 20 minutes
Cook time: 3½ - 4 hours
Yields: 10 cups chicken
broth

Continue next page

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Directions:

1. Place chicken carcass to a large stock pot, then add the carrots, celery, onions, and garlic around the chicken. Sprinkle oregano, parsley, thyme, peppercorns, salt, and bay leaves on top.
2. Add water and bring to a rapid boil over high heat, then immediately reduce heat to medium-low. Simmer for 3½ - 4 hours, stirring occasionally.
3. When the meat is falling off the bone, remove from heat. Carefully strain the contents of the pot to separate the liquids and solids. Reserve the liquid and the larger pieces of chicken. Store chicken separately in the refrigerator or freezer to stir into soups later and discard the remaining solids.
4. Allow broth to cool and transfer to airtight, freezer-safe containers. Freeze for longer term storage or store in the refrigerator for several days before using. Enjoy!



*"Let food be thy
medicine and
medicine be thy
food."*

~ Hippocrates