

Chicken Stock

(C, D, E, G, N, S, Y)

Ingredients

1 whole organic chicken, thawed, cleaned, rinsed and gizzards removed

1 medium leek

Approximately 10 cups water

Salt and pepper to taste

Directions

1. Cut leek in half lengthwise and clean thoroughly
2. Place prepared raw chicken in a large soup pot
3. Fill soup pot with water until chicken is fully submerged in water
4. Place leek beside chicken and add some salt and pepper
5. Bring to a boil and simmer approximately 45min until chicken leg easily falls off when pulled
6. Remove chicken and place on a large plate to cool
7. Strain stock and adjust salt and pepper to your liking
8. Stock can be used immediately, stored in the fridge for 4 days or frozen for several months
9. The chicken cooked in this recipe will be tender and is perfect to be cut up for a stew or to go back into the stock to make a chicken soup

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