



Clear Chicken Broth

Makes 8 cups

8 chicken thighs
8 cups water
1 celery stalk with leaves
6 parsley sprigs
1 small peeled carrot – halved
1 small peeled white onion – quartered
2 peeled and smashed garlic cloves
3 bay leaves

Place the chicken in a pot and cover with water. Bring it to a boil and cook for about 10 minutes. Remove the chicken and allow cooling down. Discard the water.

Once the chicken has cooled, skin it. Rinse it under cold running water and scrub any impurities from the bone. Place it back into the pot and add clean water. Add the rest of the ingredients and bring to a boil. Cover and reduce the heat. Simmer the broth for about an hour.

Remove the chicken and set aside to use however you please – in soup, shredded for sandwiches or pasta. Discard the cooked vegetables and strain the broth with a fine mesh strainer. If you want it to be completely clear, cool it down completely and chill it in the fridge. Skim off the top layer of fat.

Use this broth for soups, stews, gravies, in mashed potatoes and stuffings. This will freeze for about 2 months.

1 cup - CALORIES 38.40.; FAT 1.44 grs (sat 0.43; mono 0.65; poly 0.30); PROTEIN 4.8 grs ; FIBER 0.00 grs; CARBS 2.88 grs; CHOLESTEROL 0.00 mg; IRON 0.50 mg; SODIUM 72.0 mg; CALCIUM 9.6 mg