

Food Babe's Homemade Chicken Stock



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	4 hrs	4 hrs, 5 mins	8

<https://foodbabe.com/homemade-broth>

Ingredients:

- 1 whole chicken
- 1 yellow onion, peeled and chopped
- 2 carrots, chopped
- 4 celery stalks, chopped
- 5 sprigs fresh parsley
- 5 stalks fresh rosemary
- 5 stalks fresh thyme
- 2 teaspoons garlic cloves
- 1 pinch sea salt, to taste
- 1 pinch fresh ground pepper, to taste
- 12 cups filtered water

Instructions:

1. Place all of the ingredients except the salt and pepper in a large pot. Pour the water over the chicken and vegetables until it is just covered. You may have more water than needed.
2. Bring the water to a boil, skimming off any foam that floats to the top. Cover and turn down to a low simmer. Cook for 3-4 hours. (Alternatively, you can make this in a slow cooker on low for 12-24 hours)
3. Strain the liquid through a fine mesh strainer. Season with salt and pepper, if desired. You can store the stock in a glass jar in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Notes:

- Please choose all organic ingredients if possible.