

Basic Chicken Broth

Servings per recipe: 4

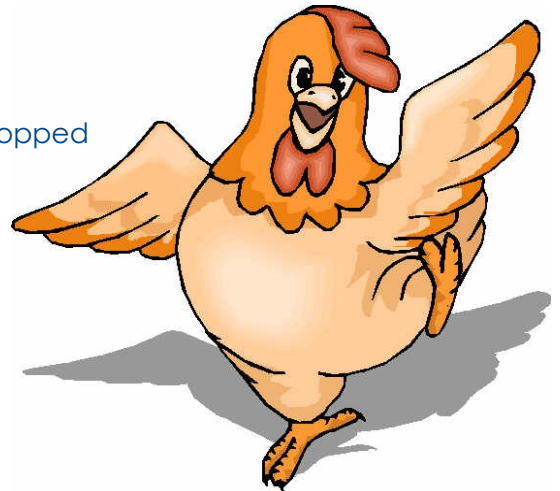
1 serving = 1 protein, 1 vegetable

Makes about 4 cups

Using pre-weighed boneless, skinless chicken breasts will eliminate any need for straining fat.

Ingredients

- 400 grams boneless, skinless chicken breasts
- 200 grams large onion, roughly chopped
- 200 grams large celery stalk with leaves, roughly chopped
- 1 garlic clove, roughly chopped
- Small handful parsley sprigs
- 1 thyme sprig
- 1 bay leaf
- 8 cups water
- sea salt and pepper to taste



Directions

1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
3. Remove chicken breasts with tongs and set aside.
4. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen.

