

# Easy hCG Diet Approved Homemade Chicken Broth

Servings per recipe: 1

As a meal 1 serving = 1 protein

or this can be used in creating other recipes without counting as a serving

## Ingredients

- 100 grams chicken
- parsley
- onion powder
- garlic
- thyme
- rosemary
- oregano
- basil
- bay leaf
- sea salt
- black pepper



## Directions

1. Fill saucepan 3/4 full with water.
2. Bring to boil.
3. Add chicken and seasonings.
4. Boil for 20 mins.
5. Remove boiled chicken & serve or refrigerate and save for later.
6. Strain out bay leaf & seasonings.
7. Let broth cool to room temperature.
8. Skim fat off surface (if any).
9. Refrigerate broth.
10. Once cold, skim the rest of the fat from the top (if any).
11. Store in refrigerator or freeze for later use.

**TIP:** You can add on-protocol veggies such as 3-4 stalks celery (add the trimmings that you don't eat) and 1 onion for more flavor - just be sure to strain them at the end. You can also choose to omit the chicken altogether and just use the celery and onion with the seasonings for a simple veggie broth. OR add your steak trimmings that you've inevitably had to trim from your steaks and add to the broth for a beef broth.

**TIP 2:** Freeze the broth in ice cube trays after cooling and skimming all fat. Then after they freeze, place the cubes of broth in a freezer bag. This makes for easy use when 'frying' up shrimp, chicken, etc. Just toss a broth cube into a pan and let it melt then add your meat, etc. It adds flavor and keeps food from sticking.



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