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Chicken Soup

1 (3 pound) whole chicken/chicken thighs/chicken breast
4 carrots chopped
4 stalks celery chopped
1 large onion chopped
6-8 cups water
salt and pepper to taste
1 teaspoon chicken bouillon granules (optional)

Season the chicken with salt and pepper. Bake the chicken for 45 to 60 minutes at 350. Save the drippings from the cooked chicken and add some water to help lift up all the stuck chicken bits. Let the chicken cool and once cool enough to touch, pull the meat off the bones. Save the bones and cartilage if you want to follow the "Note" below.

Heat 1 tbslp ghee/coconut oil/butter in a large stockpot. Put the carrots, celery and onion in a large soup pot and sauté the vegetables until tender. Add the chicken, pan drippings and water. Heat and simmer for 30 minutes so the flavors meld. Season the broth with salt, pepper and chicken bouillon to taste, if desired.

Note: To make a chicken soup with even more nutritious content, cook the bones and cartilage with 3 tbslp vinegar. I use Braggs Apple Cider Vinegar. If cooking in a stock pot then place the bones/cartilage, vinegar, and water to cover in the stock pot and cook 1 ½-2 hours to cook the connective tissue out of the bones along with the calcium and other minerals. To speed this process, use a pressure cooker to cook the bones, ~45 minutes. The bones should be so soft that you are able to crush them in your hand. Strain the liquid and add the liquid to the sautéed vegetables along with the drippings from the pan.