

Chicken Soup

Serves: 8
Carbs: 5.5g
Fat: 25g
Protein: 36g



- 1 whole chicken (pref. free range)
- 5-6 Bay Leaves
- A small palm-full of whole cloves
- A small palm-full of pepper corns
- 2 tablespoons of Poultry Seasoning if you have it, or a mixture of Marjoram, Sage, Thyme, Parsley, and Rosemary -- fresh, preferably.
- A couple cloves of garlic, peeled.
- 6 stalks of celery, sliced.
- 2 onions, diced.
- 2 red bell peppers (capsicum), diced.
- Any other non-starchy vegetables can be added.
- Paprika and/or chili powder for colour.
- Salt to taste.
- Juice of 1 fresh lemon.

1. Put the chicken in the pot. In a large enough pot, place the whole chicken and cover with water.

2. Place the pot on the stove over medium heat. Place the pot on the stove over medium heat.

3. Add all the spices except the salt and paprika. You may use cheesecloth to make a spice sachet for ease of removal.

4. Bring the soon-to-be stock to a boil. Then lower the heat and simmer for 2 hours. The chicken should pull apart easily.

5. Remove from heat and lift chicken out with a couple of large spoons or forks into a large bowl.

6. Remove the sachet or strain the broth into another pot to remove the cloves, peppercorns, and other annoyances.

7. Skim the fat.

8. Serve and enjoy

Skim the fat. When the broth settles, start spooning out the oil and floaters from the surface of the broth into a measuring cup for disposal.

8Put the broth pot back on the stove on low heat.

9Add all the vegetables, except red peppers (add those in the last 15 minutes).

10Add salt, paprika, and lemon juice. Taste to make sure it's suitably flavored.

11Add chicken meat.