



NUTRITIONAL WEIGHT & WELLNESS, Inc.
educating and counseling people to better health

Bone-Building Chicken Wild Rice Soup

Stock

1 whole, free-range chicken
4 quarts cold filtered water
2 tablespoons vinegar
2 large onions, coarsely chopped
3 carrots, peeled and coarsely chopped
4 celery stalks with leaves, coarsely chopped
4 peeled garlic cloves
2 well-washed coarsely chopped leeks
3 parsnips, coarsely chopped
3 bay leaves
4 to 5 fresh sprigs thyme, or 2 teaspoon dried thyme
10 whole black peppercorns
1 bunch parsley

Place chicken into a large pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove the chicken, let cool and remove the meat from the carcass. Reserve for soup. Strain the stock in a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Soup

2 quarts chicken stock
2 cups cooked chicken
2 onions, chopped
3 cups celery, chopped
3 carrots, peeled and sliced
1 cup frozen peas
1 cup green beans
2 cups fresh spinach
6 cloves garlic, minced
2 ½ cups wild rice, cooked
1 teaspoon dried thyme
2 teaspoons sea salt
½ teaspoon freshly ground black pepper

Bring chicken stock to a boil and skin off any foam that may rise to the top. Add the meat, vegetables, rice, and seasonings. Cook until vegetables are just tender, 5-10 minutes. Taste and adjust seasonings.

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