



MINERAL RICH CHICKEN STOCK

Properly prepared chicken broth is a storehouse of nutrients liberated from the bone and connective tissues which accelerates overall healing and supports our own bones, teeth, joints, digestion and immunity. Pretty amazing for leftovers!

1 whole chicken (preferably free range/organic) or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings leftover from dinner

Gizzards and/or feet from one chicken (optional)

4 quarts cold filtered water

2 tablespoons apple cider vinegar

1 large onion, coarsely chopped

2 carrots, peeled and coarsely chopped

3 celery stalks, coarsely chopped

1 bunch parsley

sea salt

Optional add-ins (Nova Scotia kelp, reishi mushroom, shiitake mushrooms)

If using a whole chicken, cut chicken parts into several pieces. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all vegetables except parsley. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 8 hours (I like to leave it overnight on low). The longer you cook the stock, the richer and more flavourful it will be. About 10 minutes before finishing the stock, add parsley. This will add additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches or curries. Strain the stock into 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.

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