

# NOURISHING CHICKEN SOUP

FROM GABRIELLE KENNEDY,  
CULINARY DIRECTOR, WELLNESS EATS

## INGREDIENTS

1 5 pound whole chicken (or 1 cooked grocery-store rotisserie chicken)  
1 Tablespoon dried herbs on hand such as basil, parsley, thyme and sage.  
(Italian seasoning works well too)  
½ cup carrots  
½ cup celery  
½ cup onion  
1 tablespoon butter or neutral cooking oil  
10 to 12 cups filtered water  
Juice of ½ a lemon  
Salt and pepper, to taste.

## DIRECTIONS

1. Heat oven to 425 degrees, remove giblets from the bird, add a liberal amount of salt and pepper to the inside and outside (and some of the dried herbs if you wish). Cook in a preheated oven for 1 ½ hours or till the juices run clear.
2. Once the chicken is cooked and cooled, pull off all the meat from the bird and set it aside.
3. Boil the water and add the chicken carcass (you can also add additional celery, herbs, onion, and carrots). Boil the chicken carcass covered for an hour (more if you have time). This will be the stock for your soup. Remove the carcass and throw away.
4. Heat oil in a large stockpot till shimmering then saute onion, carrot and celery till they soften a bit. Add the stock water and pulled chicken. Cook everything together for 20 minutes.
5. Finish the soup with lemon juice and fresh herbs, if using.
6. Enjoy with some bread or a salad. Freeze extra.

Notes: Feel free to add in any cooked beans, rice or noodles!  
(We love wild rice at Wellness Eats!)

