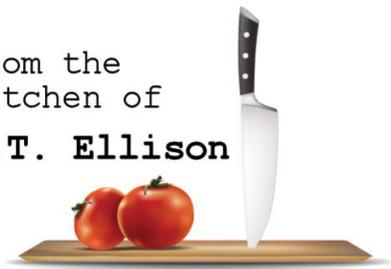


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 4 large chicken legs or bone-in chicken breasts, roasted, mostly denuded of meat
- ✓ 1 onion, quartered, not skinned
- ✓ 4 celery stalks
- ✓ 4 large carrots, unpeeled
- ✓ 2 tablespoons olive oil
- ✓ 4 garlic cloves, whole
- ✓ 4 sprigs fresh rosemary
- ✓ 4 sprigs fresh thyme
- ✓ 1 small bunch parsley
- ✓ 2 bay leaves
- ✓ Handful of peppercorns
- ✓ 1 teaspoon sea salt
- ✓ 8 cups filtered water

Chicken Stock

Darling husband's soy allergy manifests itself in wonderfully weird ways. The latest: he can't eat any proteins that were fed soy or processed at all—chicken, turkey, pork. (This includes eggs.) Which means all boxed broths are off limits, too. So I have developed a few recipes of my own. They are easy, healthy, and delicious, plus a base for pretty much every liquid, rice, soup, and pasta dish I make.

I am not a fan of raw chicken, nor whole chickens. I've discovered chicken legs, roasted in the oven for an hour, works just as well as going through the whole roasted chicken process. To convert this recipe to soup, keep the meat, or roast some breasts along with the legs.

Make sure you leave the skins on the onion and carrots! It adds extra nutrients and flavor.

Directions

1. Roast chicken legs or chicken breasts in the oven, then remove most of the meat, leaving some for flavor.
2. Brown onions, celery, and carrots in olive oil. Add garlic, herbs, bay leaves, peppercorns, and sea salt.
3. Add chicken bones. Add water.
4. Bring to a rolling boil, then let simmer for at least 1 hour. Two to three hours gives it a deeper flavor.
5. Strain twice, and put into containers. I like to freeze it right away. It will last in the refrigerator for one week and in the freezer for up to a year.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.