



Chicken Broth

Makes: 5.5 L (22 cups)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 lbs	bone-in chicken (i.e. backs, thighs, legs)	2.7 kg
5	carrots, unpeeled and chopped	5
4	onions, unpeeled and chopped	4
6 stalks	celery, chopped	6 stalks
6 cloves	garlic, smashed	6 cloves
½ bunch	parsley	½ bunch
1 ½ tsp	dried thyme	7 mL
1 ½ tsp	peppercorns	7 mL
4	bay leaves	6
24 cups	water	6 L

Instructions

1. Place chicken, carrots, onions, celery, mushrooms, parsley, thyme, peppercorns, and bay leaves in a large stockpot. Add water.
2. Cover and bring to a boil.
3. Lower heat and cook on low for 2 – 3 hours.
4. Cool slightly. Strain stock through sieve into large bowl, pressing vegetables to extract liquid.

Tip: Recipe can be doubled and the unused portion frozen for later use. Let the broth cool down, measure, and pour into plastic containers or freezer bags.

Note: Chicken can be removed from bones and stored for later use. Add to chili, pasta, casseroles, green salad, sandwiches, or wraps.

Nutrition Information

Not available

Food Guide Servings

Does not contribute towards Food Guide Servings

