

Come Cook with Us - Fall 2022

Chicken/Veggie Stock No Added Salt

Portions: 8

Serving size: 1 cup

Preparation Time: 10 minutes

Cooking Time: 1 hour

Total Time: 1 hour 10 minutes



Ingredients:

- *celery trimming or 3 medium stalks celery*
- *carrot trimmings or 3 medium to large carrots*
- *onion trimmings or ½ large onions sliced*
- *12 cups water*
- *fresh parsley trimmings or 1 tbsp dried parsley*
- *8 peppercorns*
- *2 cloves garlic (optional)*
- *Chicken option - 1 back, 2 drumsticks, 2 wings*

Instructions:

1. *In a large stockpot place chicken back, drumsticks and wings, for a vegetarian stock option skip to Step 2*
2. *Place celery, carrots, onion and garlic (optional) in the pan and add water*
3. *Sprinkle in peppercorns and parsley*
4. *Cover and bring to a boil over medium-high heat.*
5. *Once it begins to boil, reduce heat to low and simmer for 1 hour.*
6. *Turn off heat and allow the stock to cool in the stockpot.*
7. *When the stock is cooled remove the chicken.*
8. *Pour the stock through a strainer to remove the vegetables and seasonings.*
9. *Store in containers or Ziploc bags.*
10. *Refrigerate and use within 2-3 days or freeze in portions for later use.*

Recipe adapted from [nourishedsimply](https://nourishedsimply.com) by Jennifer Lynn-Pullman.