



Ingredients:

Whole Organic/ Free Range Chicken
4 cups Chicken Broth
2 teaspoons salt
2 large onions chopped
2 lbs leeks sliced
2 lbs celery (organic) entire stalk
"MORE CELERY." (like more cowbell)
1/2 lb. Thick cut natural bacon cooked to crisp set aside
4 large garlic cloves crushed
3 large carrots sliced
Entire package of (Poultry) fresh herbs includes
Sage, Rosemary & Thyme chopped finely
1 cup chopped baby kale (set aside)
1 cup shredded green cabbage (set aside)
ground pepper and salt to taste
1/2 teaspoon cayenne pepper
1 large yam peeled and cubed
1/2 cup fresh or frozen corn (set aside)
1 cup fresh or frozen peas (set aside)

Preparations:

In a large stock pan with 3 cups water, broth, cook the whole chicken (remove giblets and cook separately) until meat falls off the bone, about 2 hours over medium heat.

Prepare vegetables and herbs (set aside)

Recommended recipe for bread= English Muffin Toasting Bread

Cook bacon to crisp, retain 2 Tablespoons of bacon fat to saute onions and celery. (optional for more bacon flavor)

Remove fully cooked chicken onto large roasting tray for cooling, D-bone

Add prepared vegetables and herbs to stock pot, minus kale and cabbage. Cook until tender over medium-low heat.

Stir occasionally while baking bread.

Add chicken meat to broth

Re- stew de-meated bones in 2 cups water and a pinch of salt for more Bone broth to add later.

Within 1/2 hour of serving add kale, cabbage, corn, peas, and bacon.

Serve with bread. See Soups On Blue and White for table setting ideas.



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