

Immune Support Chicken Stock

Categories: Soup

Source: Holly Mays

Serving size: 12

Preparation time: 20 mins

Cooking time: 2 hours 45 mins



Ingredients

1 large onion
2 leeks
3 carrots
4 stalks of celery
2 stalks lemongrass, divided
4-8 inch ginger root, divided
1 tsp. black peppercorns
1 tbsp. butter or ghee
1 1/2 tsp. ground turmeric
12 cups of filtered water (more if needed)
1 free-range chicken, approx. 3-5 pounds
4 garlic cloves, peeled & smashed
4 sprigs fresh thyme or 2 tsp dried
4 sprigs fresh rosemary or 2 tsp dried
4 sprigs fresh oregano or 2 tsp dried
2 bay leaves

Nutritional Stats for informational purpose. Actual results will depend on ingredients used.

Nutrition

Amount per serving
Calories: 358
Total Fat: 24g
Saturated Fat: 6g
Cholesterol: 133mg
Sodium: 133mg
Total Carbohydrate: 7g
Dietary Fiber: 1g
Sugars: 2g
Protein: 29g

Directions

1. Cut the onion in half and cook, cut side down, on a heated, dry non-stick frying pan (cast iron if you have it) for 8 minutes over medium heat (the bottom of the onion may become browned).
2. Meanwhile, clean and chop the leeks, carrots, celery, and lemongrass into 1 inch pieces. Peel and cut ginger into slices. Crush the peppercorns.
3. Heat the oil in a large soup pot and add the ground turmeric mixing it for 30 sec. Pour in the water, then place the whole chicken (giblets removed) in the pot and bring to a boil. Scoop off and dispose of any foam that may appear. It's not harmful, just breaking down of protein.
4. Next, add in the onion halves, leeks, carrots, celery, 1/2 of the lemongrass, and 1/2 of the ginger root, gently mix in to cover with water. Refrigerate remaining lemongrass and ginger root for step 7.
5. Add crushed peppercorns, thyme, rosemary, oregano, bay leaves; reduce heat and gently simmer, covered, for 2 hours on low. Checking to scrape off foam, if needed.
6. After 2 hours, allow the broth & chicken to cool enough to safely take the chicken out and set aside to remove skin and save meat. Strain the broth to remove and discard all solids. Allow the broth to cool to room temperature, and then place in the refrigerator overnight so that the fat solidifies on the top. Scoop out fat and discard.
7. Bring the pot of broth to a boil, add the rest of the ginger and lemongrass, reduce heat and let it simmer UNcovered for 45 minutes on low heat. See notes regarding salt.
8. Allow to cool enough to strain out solids then it's ready to serve, use for recipes or freeze.

Notes

- Chicken: Quality matters! Know how the chicken is raised. Choose free-range; pasture raised and/or organically fed to get the safest, best quality bird (lower fat, higher protein and less concern of toxins).
- Salt: This recipe makes unsalted chicken broth (sodium is from celery). You can add salt to taste in Step 7. I add up to 3 teaspoons pure pink Himalayan salt (fine ground) in Step 7, if I add any. This adds up to 380mg sodium + additional trace minerals/1 cup serving of broth.
- The amount of broth this recipe makes depends on the amount of water used to cover the chicken. 12 cups of water is estimate for up to 5 pound chicken. If your chicken is bigger or if you add extra veggies you may need more water to cover chicken.
- No fresh lemongrass? Add 1 drop dōTERRA Lemongrass oil in step 8.