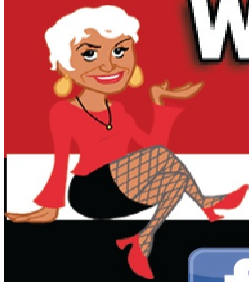


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



*No one does what we do!*



[weightnomoredietcenter.com](http://weightnomoredietcenter.com)

WeightNoMoreDC



## CHICKEN SOUP

All Lifestyles

### Ingredients

5-6 lb. lean soup chicken\* cut in pieces with giblets (neck, heart, gizzard) and rinsed  
12 cups cold water  
2 cooking onion  
2 large carrots  
2 celery stalks  
1 parsnip OR celery root OR parsley root  
2 sprigs fresh parsley  
1-2 whole bay leaves (if available)  
2 TSP Morton's Lite (50% less sodium) or salt substitute  
1/2 TSP pepper  
lemon juice (to taste, optional)

### Instructions

1. Into a large soup pot., place the chicken pieces and the 12 cups of water.
2. Cut into chunks and add the cooking onions, carrots and celery stalks.
3. Add all the rest of the ingredients.
4. Cover the pot and bring to a boil. Immediately reduce the heat to maintain a gentle simmer.
5. Cook for 2 hours or until the meat is tender.
6. Add extra cold water from time to time as needed to retain original level.
7. Remove the chicken and vegetables with a slotted spoon. Strain the broth. Refrigerate for several hours or overnight.
8. Discard hardened fat. Taste for seasoning when reheating.

### Portion-Per-Serving Information:

Serving = 1 cup broth = free

---

### \*Notes

1. Tougher, older chickens provide the best flavor. Ask for a "soup chicken" or a "boiling hen."
2. The strained-out chicken pieces and vegetables can be used in side dishes or salad, or minced together to make delicious chicken patties for a quick meal at another time.
3. Left-over chicken stock can be frozen in ice cube trays—7-8 cubes will yield 1 cup soup.