

Snack | Lunch | Dinner

Classic Chicken Broth

Side Effect: Diarrhea

5 Mins
Prep Time

2 Hours
Cook Time

8
Servings

 **38** Calories **1g** Fat **3g** Carbs **5g** Protein



Ingredients

 **8 Servings** • **1 Cup** Serving Size

 **2 Hours 5 Mins** Total Time

 **Allergens: None**

1 Chicken Carcass (a rotisserie chicken carcass works well)

½ Large Yellow Onion, sliced in half

2 Large Carrots, **washed** and chopped into 3 pieces

2 Celery Stalks, **washed** and chopped into 3 pieces

8 Parsley Sprigs, **washed**

Salt, to taste

½ Tbsp Black Peppercorns

Water

Nourishment Note



Chicken Broth

Chicken broth is an excellent choice when dealing with diarrhea. It is easy on the stomach, helps prevent dehydration, and provides important electrolytes, like sodium.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

Place chicken carcass into a large stock pot. Add the celery, carrots, onion, parsley, and peppercorns to the pot. Cover with water (approximately 8-9 cups) and season with salt.

3. Cook and Enjoy

Bring water to a boil, then reduce heat to low. Cover and simmer 2 hours. Remove any large pieces from the pot and pour remaining mixture through a fine mesh sieve into a large bowl. Season to taste and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookingclassy.com](https://www.cookingclassy.com)

What You'll Need



Knife



Cutting Board



Large Stock Pot with Lid



Spoon



Measuring Cup



Measuring Spoon



Fine Mesh Strainer



Large Bowl

- Use a rotisserie chicken carcass for the broth.
- Broth can be frozen in an airtight container and stored for up to two months.