

Chicken Soup Recipe

Some chicken soup recipes call for making stock on the fly by cooking a whole chicken while you're making the soup. I have a freezer full of chicken stock, so used a couple of quarts of that, along with some water added throughout the process. Simple, hot, delicious!

- 4 quarts of chickens stock
- 2-3 raw chicken breasts (see note below)
- 4 carrots, chopped into 1/4 inch slices
- 4 stalks of celery, chopped into 1/4 inch slices
- 1 large onion, rough chopped
- 1 cup of dry rice
- 1 handful of parsley, chopped (about 1/4 cup)
- 3 teaspoons kosher or sea salt, to taste (see note below)
- Black pepper to taste
- 1+ quart of water or stock depending on consistency (see note below)

Put all of the ingredients in a five or six quart dutch oven or stock pot. Bring to a boil, then simmer covered, stirring occasionally. Remove the the chicken breasts after an hour or so (or when they are cooked through). When they are cool enough to handle, shred the breasts into rough pieces with two forks, then add back into the soup. Simmer for five to ten minutes longer or soup can be kept on low until ready to serve.

NOTES

1. You can use any amount of chicken you'd like here. I prefer more rice, less chicken but that's just me. You can also use pre-cooked chicken or leftovers, just add them after the vegetables are cooked, about 45 minutes, and then keep the soup at a simmer until the chicken is warm. White or dark meat or a mixture is fine here.
2. My chicken stock contains no salt, and so I generally have to use quite a bit of salt. Store bought stock, even low sodium versions, tend to be much more salty, so be careful with adding additional salt when using it.
3. Keep an eye on your soup while cooking. Depending on the type of rice you are using and how chunky you want your soup to be you may need to add water or more stock as you simmer.