

Chicken Stock

Yield: 48 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap onion for green part of green onions or chives

Ingredients

5 qt water
5 lb chicken bones
1 medium onion, trimmed and quartered
2 medium carrots, trimmed and quartered
2 stalks celery, trimmed and quartered
2 bay leaves
1 Tbsp peppercorns, whole
5 branches thyme
5 branches parsley

Directions

1. Place all ingredients in a stock pot. Bring to a simmer, and continue to simmer for 3–4 hours, uncovered.
2. Strain off all solid ingredients, and cool the stock quickly in an ice bath.

Chef tip: For easier storage, after removing vegetables, simmer uncovered. Reduce your stock by one third or one half. When ready to use in a recipe, simply add water. If you reduce stock by half and a recipe calls for two cups stock, use one cup stock and one cup water.



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Nutrition Facts

Serving size 1 (10.6oz)

Amount Per Serving **301g**

Calories **9**

% Daily Value

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 13mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **2%**

Sugars 1g

Protein 0g **1%**

Vitamin A **26%**

Vitamin C **3%**

Calcium **4%**

Iron **1%**