

# Chicken Stock

**YIELD: 48 SERVINGS**

**RECIPE CUSTOMIZATION**

Gluten-free

Dairy-free

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.



Share your healthy eats  
with us @Wellbeats



## Chicken Stock

### NUTRITION FACTS

Serving size 1 (10.6oz)

Amount Per Serving	301g
<b>Calories</b>	<b>9</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 0.1g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Dietary Fiber</b> 1g	<b>2%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 0g	<b>1%</b>
Vitamin A	<b>26%</b>
Vitamin C	<b>3%</b>
Calcium	<b>4%</b>
Iron	<b>1%</b>