

Connie's High-Collagen Chicken Soup – 8-10 servings or more

Skin an organic chicken and simmer it in about 3 quarts of water for most of a day. Pour this into another pot through a colander, so the broth is separated from the bones/meat. Tease apart with a fork into bite-sized chunks of meat and add to soup, or save for enchiladas or some other dish. (You can refrigerate at this point overnight and in the morning skim off the fat).

Saute in some of this cooking liquid:

1 -2 chopped **onions**

8-10 cloves of **garlic**, peeled but not crushed

When softened, add:

3-4 or more chopped **carrots** (I use 6-7)

3-6 stalks chopped **celery** (I use 6-8)

2 small **red potatoes**, cut into half inch cubes

A couple handfuls of **green beans**, chopped in 1-inch segments

2-3 Summer squash (zucchini and/or yellow squash) – in half inch cubes

to the skillet, stir, and put a lid on and continue to heat gently/on low heat until the vegetables are softened, occasionally stirring.

Add approx 1 tsp Italian **seasoning** blend (or a pinch of sage, thyme, rosemary, tarragon, and ½ tsp basil, ½ tsp oregano) and a healthy amount of black **pepper**(I use ½ - 1 tsp or more) and mix well.

Then add the vegetables to the chicken and chicken cooking water, and simmer for at least another 30 minutes (it tastes best if I simmer for a couple hours.) Add another cup or two of water if it has cooked down too much.

~2 tablespoons of Better than Boullion chicken broth concentrate can be added for flavor, if needed, though as I have increased the vegetables in the soup, I have not needed that. Cooked noodles or cooked rice may also be added just before serving.

8-10 servings

BONE BROTH

Ingredients

Bones from poultry, fish, beef, lamb, shellfish or whole chicken or whole carcass (remove meat when cooked – about 1 hour)

8-10 cups of water

1-2 Tbsp of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

2 Carrots

1 onion

2 stalks celery

½ c. fresh Parsley chopped or 2 tbsp dried parsley

1-2 tsp sage

1-2 tsp rosemary

1-2 tsp thyme

2-3 bay leaves

2 Tbsp raw apple cider vinegar or 1 lemon

Directions

Put all ingredients into pot. Bring to boil.

Let simmer on low for several hours (4-24) or in crock pot on low.

Remove bones and skim off fat.

Uses for broth:

- Use as stock for soup.
- Drink as a warm beverage.
- Use as the cooking liquid for vegetables and grains.
- Make gravy from the fats.

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