

Chicken Soup



Prep: 20 minutes

Cook: 45 minutes

Yield: 4-6 servings

Chef Suzanne Landry

- 2 pounds skin-on and bone-in chicken (including breast, thigh and leg with bone)
- 2 tablespoons olive oil
- 1 small onion chopped (about 1/2 cup)
- 2 carrots sliced or chopped into 1/2" pieces (1 cup)
- 2 stalks celery sliced lengthwise and chopped into 1/2 inch pieces (about 1 cup)
- 6 cups chicken broth
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1 teaspoon salt
- 1/4 teaspoon black pepper



Optional

- 2 cloves garlic minced
- 1 small leek, white part sliced and chopped
- 1 small parsnip or white turnip chopped
- 1 cup cooked pasta or leftover brown rice

1. Pre-heat 2 tablespoons of olive oil in a large pot over medium heat. Place chicken in pot, a few pieces at a time, cover and cook until skin browns. Turn chicken over and do the same on the other side. You are just trying to brown the chicken, not cook it. Repeat with all chicken parts. Remove and put in a bowl.
2. In the same pot, lower heat and sauté onion for 2 minutes until it begins to soften. Add all the other ingredients including carrots and celery, chicken broth, herbs, spices and chicken. Cover pot and bring to a boil on high heat. Now, reduce to medium heat, cover and simmer for 30 minutes until chicken is thoroughly cooked.
3. Check chicken by removing thigh and place in a bowl. With a fork and a knife try to pull the meat off the bone. If it does not pull away easily and the meat still looks a little pink, it is not completely cooked. If the chicken isn't fully cooked, replace it back into the soup and continue cooking for another ten minutes. The meat will easily pull away from the bone when cooked thoroughly.
4. When chicken is done, shut off burner and remove chicken parts into a bowl. Cool, remove skin, and pull apart meat. Add meat into pot. Discard bones and skin, etc. Remove and discard bay leaves and adjust seasoning to taste. Add precooked pasta or rice if using.

Chef's Notes: Always use a fresh, bone-in chicken with the skin when making this soup. A skinless chicken breast will not give you the same flavor because you need the fat from the skin and bone for flavor. You can remove most of the fat and the skin after the chicken is cooked.