



# Recipes

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### BUBBIE'S CHICKEN BONE BROTH

#### Ingredients:

- Vegetable spray
- 4 lbs fresh chicken bones
- 4 to 6 Oxy low sodium chicken broth
- 1 chopped diced Vidalia or sweet onion
- 4 peeled carrots ( cut in 1-inch pieces)
- 2 stocks celery (cut in 1-inch pieces)
- 1 large, peeled turnip or rutabaga (cut in large pieces)
- 1 tsp each of tarragon and oregano
- 1 large bunch of fresh dill

#### Directions:

- Spray large stockpot (my stockpot is 12 quarts) with vegetable spray and then:
- Put 4 lbs fresh chicken bones into pot
- Cover bones with boiling water until pot is  $\frac{3}{4}$  full
- Boil over medium heat being careful that bones don't stick to bottom of pot
- Skim off scum that floats to top of pot
- Add 4-6 envelopes of OXY low sodium chicken broth or other low sodium broth
- Add a chopped large, diced Vidalia or Sweet Onion
- Add 4 peeled carrots cut in 1-inch pieces
- Add 2 stalks of celery cut in 1-inch pieces
- Add a large, peeled turnip or rutabaga peeled and cut into large pieces
- Add 1 tsp each of tarragon and oregano (add another 1 tsp but it's up to you)
- Lower heat to simmer and simmer for 1 hour adding water to pot to below rim, then add 1 full bunch of fresh dill
- Simmer for at least another 1  $\frac{1}{2}$  - 2 hours
- Allow to cool and then press mixture through a strainer (strainer should have small holes so bones don't get into the broth) a little at a time
- Cool broth in fridge in freezer- proof containers and then remove the layer of chicken fat that forms on the top

#### Serving suggestions:

Salt and pepper to taste and add noodles, rice, cut up cooked chicken etc.