

chunky chicken soup

SERVES 12

RECIPE FROM: [Pioneer Woman](#)

COOK TIME: 2 hours

1 whole chicken, approximately 4.5 lbs (free range whenever possible)

1 whole bay leaf

64 ounces low sodium chicken broth

1 large onion, chopped

3 celery ribs, sliced

3 carrots, peeled and chopped

3 parsnips, peeled and chopped

½ tsp salt

Ground black pepper, to taste

PLACE all ingredients except black pepper in a large pot.

BRING to a boil, then reduce to a simmer.

COVER and simmer for 1.5-2 hours or until chicken is done and vegetables are tender.

REMOVE chicken from pot and remove bones and skin. Discard bones and skin or freeze them to make future chicken stock.

SHRED chicken and add back to soup.

TASTE and adjust seasonings, as needed.

SERVE and garnish with black pepper.

MAKE IT A MEAL: serve with a side salad and, if desired, fresh berries.

