

Grandma's Chicken Soup

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Ingredients

4 carrots, sliced
2 sticks celery, sliced
2 onions, diced
6-8 parsley stalks, chopped
1 teaspoon whole black peppercorns
1 bayleaf
1 teaspoon salt
1 chicken, size 18



Method

1. Put a small quantity of each vegetable aside. Put the remaining vegetables into a large pot, add the parsley, black peppercorns and the bayleaf.
2. Put the whole chicken into the pot and add the salt. Add just enough water to cover the chicken. Bring to the boil, then turn the heat down and simmer for 40 minutes. Remove from heat and allow to come back to room temperature. Put a dinner plate over the chicken and vegetables to hold them down in the broth.
3. Put the whole pot into the fridge. When the fat hardens, skim it off with a spoon.
4. Take the chicken out of the pot and pull it apart. Put the meat on a plate and set aside. Put the skin, bones and fat back into the pot and bring to the boil. Simmer for 1 hour.
5. Cut the cooked chicken meat into bite sized pieces.
6. Strain the contents of the pot. Keep the liquid but add the vegetables, bones etc to your dog's dinner (take out the bones first).
7. Just before you are ready to eat, simmer the reserved vegetables and liquid for about 5 minutes, then add the cooked chicken.
8. Warm the soup through and serve.

Note: This recipe costs around \$1.20 per serve. You can cut the cost to just 40 cents per serve by using chicken frames (from the deli) and one chicken breast fillet in place of the whole chicken.

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