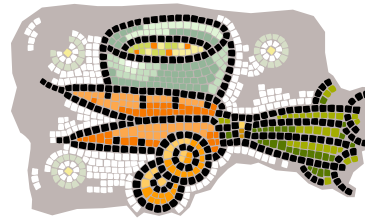


Chicken Stock Recipe

by Dr. Liz Lipski, PhD, CCN



Ingredients:

- Cooked chicken - with most of the meat pulled off
- Water
- Celery
- Onions
- Carrots
- Raw apple cider vinegar (3 table spoons)
- Bay leaves (2-4 leaves)
- Parsley (2-3 teaspoons)
- Sage (2-3 teaspoons)
- Rosemary (2-3 teaspoons)
- Pepper
- Salt (added before cooking or after)

1. Cook for 6-10 hours.
2. After the mixture has cooked for 6-10 hours strain the broth.
It can be used a base for soups and cooking or as a meal by its self.

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