

## Chicken soup

### Ingredients:

- 1 whole chicken
- 1 whole onion
- 3 large carrots
- 4-6 small parsley roots
- 1 medium celery root (celeriac)
- Salt to taste
- Peppercorns 1 pinch



### Preparation:

Cut the chicken legs and wings of the carcass and put it aside. Place the rest of the chicken in an 8 quart soup pot (preferably stainless steel surgical grade). Peel all the vegetables, but do not chop them. Place the vegetables in the pot with the chicken, and add water to cover. Bring to a boil. The soup it will start foaming, you will have to collect and discard the foam. Once the soup is clear, add the salt and the peppercorns cover with the lid and simmer for 2.5-3 hours. Let the soup cool of a little, and then strain it through a dense sieve. Use the broth to make vegetable soup or drink it as it is.

Save the vegetables from the soup, except for the onion, and use it to make the *Romanian Chicken Salad*.

**Note.** To make the soup richer in protein add chicken feet and heads. For extra flavor you can use the greens from the parsley root, you tie them with a cotton string, and discard at the end.



Recipe credit: Elena Telecan (my mom)

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