

## **CARBCONTROL RECIPES**

### **MAINS**

#### **Homemade Chicken Soup**

2 large stalks celery  
2 carrots, peeled  
2 onions, quartered  
1 parsnip, peeled  
3 sprigs parsley  
1 whole stewing chicken, cut into 8 pieces, reserve breast meat.  
10 black peppercorns  
2 bay leaves  
1 tbsp sea salt

finely chop 2 tbsp each of celery, onion and parsnip and set aside. Place large vegetable pieces, parsley, chicken (except breast meat), peppercorns, bay leaves and salt in a large soup pot. Add 2 quarts of cold water (how many mls is that??). Bring to a rapid boil; skim off any foam that rises to the surface, then lower heat and gently simmer for 1 hour. Discard all cooked solids with a slotted spoon. Strain soup through a mesh strainer into a smaller pot. Cut chicken breasts in half horizontally to make thin cutlets. Bring soup to a boil. Add chicken breasts and finely chopped vegetables to soup; cover and remove from heat. Allow to sit 10-15 minutes, until chicken is cooked through and vegetables are tender, cut chicken into thin slices before serving.