



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Classic Chicken Soup

Serves 4 - 6

Ingredients

1 3½ to 4 lb chicken (whole)
6 carrots, peeled
4 celery stalks
1 large yellow onion, quartered
2 ½ teaspoons kosher salt
1 teaspoon whole black peppercorns
Water

Directions

1. Rinse the chicken inside and out and pat dry with paper towels. Place the chicken in a large pot.
2. Cut 3 of the carrots and 2 of the celery stalks (including leaves) into 1-inch pieces. Add the carrots, celery and onion to the pot with the salt and peppercorns. Cover everything with cold water.
3. Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through – about 30 minutes.
4. Thinly slice the remaining carrots and celery and set aside.
5. Transfer the chicken to a bowl and let cool.
6. Strain the broth and discard the vegetables. Return the broth to the pot. Add the sliced carrots and celery and simmer until tender – about 10 minutes.
7. When the chicken is cool enough to handle, pull the meat off the bones and add it to the soup. Ladle into bowls.

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