

## CureSearch for Children's Cancer - Recipes for Healthy Eating

### Homemade Chicken Broth

1 (3-4 pound) free-range chicken  
1 yellow onion, unpeeled and cut in half  
2 medium carrots, cut into thirds  
2 large celery stalks, cut into thirds  
1 small bunch fresh parsley (with stems), rinsed  
1 tablespoon Herbs de Provence (or substitute with 1 teaspoon each, thyme, marjoram, basil)  
2 bay leaves  
1 teaspoon whole black peppercorns  
8 quarts water

Put the chicken and all the rest of the ingredients in a large stockpot. Cover in cold water to 2 inches from rim. Bring to a gentle boil, reduce heat and let simmer uncovered for at least two hours. As the water evaporates, add more and continue simmering for another 4-6 hours. The broth is ready to use, or you can let it cool overnight and then strain it through a large colander or sieve. Once thoroughly chilled, the fat will rise to the top of the pot and you should skim it off before using. Store in airtight containers in the refrigerator for 4 to 5 days or in the freezer for up to 3 months. Makes 6 quarts.

Nutritional info (8 ounces): Calories 94; Total Fat: 0g; Protein: 7g; Carbohydrates: 0g.

**TIP:** Don't throw away all the wonderful cooked chicken left behind! The white meat is delicious in a sandwich, on it's own or used in chicken noodle soup.

***Recipes from Happily Hungry: Smart Recipes for Kids with Cancer***, to order a copy (\$19.95 plus S&H) please visit [www.happilyhungry.com](http://www.happilyhungry.com)



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