

## **Chicken Soup:** (from the Welder's Wife)

Ingredients list: chicken bones, bite size chunks of chicken, bouillon cubes without msg, granulated garlic, water, either egg noodles or some kind of grain... & a large cooking pot

Save all the bones from a store bought roast chicken (you can freeze them).

Also save some of the meat & chop it up into bite size chunks (you can freeze that as well).

Take a large cooking pot & fill it with water, & place it on top of the stove on high heat.

Add either 12 small bouillon cubes or 3 large ones (the kind that doesn't contain msg),

and then cover the top of the water with granulated garlic. [Garlic kills fungal bacteria & a lot of other things, but unless you are allergic to it, it won't kill you!]

When the water begins to boil, turn the heat down to where it simmers. (You might want to turn the vent on over the stove too.) Let the water simmer for at least 45 minutes, until most of the 'juices' boil out of the bones. [If you use the bones from 2 chickens, ladle off the water when it starts to turn into broth, into another container (for later use) & then add more water to the pot with the bones & continue to simmer until the bones quit yielding their 'juice'.]

Afterwards discard the bones. [Don't feed them to your dogs as the small bones aren't good for their digestive tracts. If you live in Montana you could put them outside for the Magpies to clean up... They're part of God's 'clean-up crew' & they love chicken bones!]

Then,

if you are really picky about things being fat free, you can let the broth cool down & then put it in your fridge [or outside if it's the middle of winter & you live in Montana... but be sure to put the lid on to keep 'critters', 'bugs', & 'birds' out of it... and make sure you put it up high so that the neighbor's male dogs don't come along & contribute to the pot!! ... That would not be kosher!]. When the broth cools down to 'gel stage', you will then be able to easily remove the fat which by then will have collected on top into a thin layer. [If you decide to discard it, don't wash it down the sink as that's a bad thing for your plumbing.]

and if you're not picky... while the broth is still hot, add egg noodles or your favorite type of rice, or other type of grain & let it cook in the broth & absorb the flavor. (If you use noodles, remember that they expand, so limit the uncooked noodles to about a quarter of your cooking pot, so that you will still have plenty of broth when you get ready to serve it. If you use some kind of grain instead, it will expand a lot more than the noodles, so go sparingly.)

When the noodles (or grains) are cooked, add the pre-cooked chicken chunks & let stand for about 5 minutes so that the meat heats up. Then it's ready to serve.