

## Chicken Soup—Traditional

1 fryer chicken, approx 3-4 pounds  
(giblets can be rinsed and thrown in as well)  
4-5 carrots, peeled, cut in half or chunks  
2 medium onions, peeled, quartered  
3 stalks of celery, stripped, washed, cut in half  
Small handful of parsley (flat), washed

Rinse chicken so that water runs through—take out giblets packet if is one—cut off excess fat around openings.

Put chicken in large pot—6 quarts—and turn heat to high. Chicken will begin to squeak as the skin gets hot, turn a few times to brown slightly.

Add one cut up onion, brown slightly, for a minute. Do not let burn.

Add cold water to cover, keeping heat on high. Add shake or two of salt

When water begins to boil—which could take up to ½ hour—turn down heat slightly and let chicken boil for 10 minutes approx. Skim off any foam that has accumulated.

After 10 minutes turn heat to simmer. Again, salt, pepper to taste.

Add celery, carrots, rest of onions—Simmer for one hour—Do not cover pot—if you use cover, tilt it to let vapors escape. Stir occasionally.

After an hour, add parsley and simmer for ½ hour more—chicken should be soft, falling apart.

Serve with rice, or small shaped corn/rice pasta