Warm your tummy chicken soup

Description

A great way to start the winter, or feed a cold. There is nothing like a nice warm home-made bowl of chicken soup when you are not feeling well or want to just warm the soul! My kids love this home-made soup. Not so much the making of the chicken part but the eating part!

Summary

Yield: 10
Prep Time: 2 1/2 hours
Category: Soups
Cuisine: Armenian
Tags: chicken soup

Ingredients

- 1 whole chicken, 4 to 5 lbs
- 5 carrots chopped
- 5 stalks celery coarsely chopped
- 1 purple onion, finely chopped
- 2 cloves garlic (large), minced
- 1 pkg frozen Green Beans (16 oz.)
- 2 qt chicken stock or unsalted canned broth
- 1 qt water (enough to cover chicken)
- 4 tbsp olive oil
- 2 tbsp basil, oregano and rosemary (dried)

Instructions

Place whole fryer chicken in a large pot, (after removing insides) and cover with 1 quart chicken stock and add water to cover chicken. Bring chicken to boil and cook for about an hour. You will know your chicken is done when it falls off the bone.

While chicken is boiling you can start your veggies. Cut coarsely your carrots, celery and onion. Mince your garlic and add to a pot you tend to finish your soup in. A large soup pot would be best here. Add olive oil and sweat veggies until soft. Add a tsp of salt and pepper and about 16oz of low sodium chicken stock. Allow to cook down while chicken is cooking.

Once chicken is falling off the bone you need to remove it from the pot. Now dont you dare throw out that chicken water! That is where all the goodies are. Set the pot aside. Take all the chicken off the bone making sure to remove anything that is not meat. Once you have all the meat seperated you can through away the bone trash and add, just the meat now, to your veggies that you have been cooking. Drain your chicken water through a strainer into a bowl making sure to remove anything that was left in the water from taking the chicken out. Once you know that it is just chicken water in the bowl, pour it into the pot with the veggies and chicken. Bring to a boil and turn heat to about medium and let boil until liquid is reduced by half.

At this point it is all about your flavor. You can add more stock if ya like, more seasonings if ya like. I like to add some chili flakes for a bit of a kick. Not a lot just a little extra flavor. This is when you add your bag of frozen green beans to the mix. You can also add some frozen corn or okra. Really anything you like. Its your soup!

Now I like it without the noodles, but some of my family likes it with noodles. So I buy the fresh pasta that has been dried out. It only takes about 3 minutes to soak up the jiuces and is ready to eat. So right before you serve the soup, break off a bit of noodles and put them into a bowl. Pour the soup over the noodles in the bowl and let stand for a few minutes. Not only will this give the noodles time to soak up the juices but also allow the soup to cool to be eaten.

What's even better, for those of us watching our waist lines it is about 114 calories for every cup of soup. This is with out the noodles.

Serve and enjoy!