

HEARTY, HEALTHY CHICKEN SOUP

Ingredients

- 3 lb bone-in chicken thighs
- 3 large carrots, medium diced
- 3 stalks celery, leaves on, diced
- 3-4 parsnips, medium diced
- 3 yellow onions, medium chopped
- Large handful of fresh dill
- Salt & Pepper to taste

Instructions

- Wash & skin chicken thighs; trim excess fat
- Place chicken thighs in a deep stock pot and cover with water. Add a pinch or two of salt, if desired. Bring to a boil, then cover and reduce to a simmer for a minimum of 2 hours.
- Add carrots, celery, onions and parsnips to the stock.
- Rinse dill and give it a slap to release the flavorful oils from its leaves; add to the pot.
- Bring to a boil, then simmer for at least another hour. Repeat if possible – heating/cooling cycles allows the flavors to marry.
- Add salt & pepper to taste.