

Basic Chicken Broth

Culinary Medicine, Nutrition Services

Serves: 12, Serving Size: 1 pint

Equipment: stockpot with lid, ladle, colander, large bowl or second pot, spoon, wide-mouth quart-sized glass jars

Ingredients

Enough to fill 2/3 of your stockpot:

High quality chicken feet and skin

High quality chicken bones: necks, ribs, wings, drumsticks, whole carcass

Optional:

2 tablespoons cider vinegar

2-3 carrots, whole, unpeeled and scrubbed

1-2 onions, halved, outer skin removed

1-2 stalks celery

2 bay leaves

3 sprigs fresh thyme, rosemary, sage

3 sprigs fresh parsley

1-2 teaspoons salt

Instructions

1. If desired, preheat oven to 425F and roast bones on a baking sheet for 20 minutes for a heartier taste.
2. In a large stockpot, add bones, vinegar, carrots, onions, celery, and bay leaves.
3. Add water to cover. Let stand 60 minutes.
4. On the back burner of the stove, bring stockpot to a boil on high heat.
5. After 10 minutes, reduce heat to medium-low. Using a ladle, remove and discard any scum that floats to the top of the stock.
6. Simmer on low, covered, for 6-12 hours, topping off with water and skimming with the ladle if needed.
7. Add thyme, rosemary, sage, parsley, and salt for last 10 minutes of simmering.
8. Using a colander or mesh strainer, strain the broth into a large bowl or second pot.
9. Transfer broth into mason jars for storage, filling 2/3 full. Use or freeze within 7 days



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Why We Like This Recipe

Keep some homemade, nutrient dense broth in your freezer for hot drinks, quick soups, and to replace water when cooking grains or in recipes for sauces, stews, and poaching. Can be made with leftover bones and vegetables to reduce waste and food expenditures!

Chef's Notes:

- Look online for recipes that adapt this to slow cookers and pressure cookers.
- Feel free to turn off your burner if you leave the house and restart when you return, simply bring the stock back to a boil for 10 minutes before you set it on low to simmer. Skim as needed.

Nutrition Notes:

- Gelatin from animal bones soothes our gut mucosal lining and helps reduce inflammation.

Gardener's Notes:

- Try growing your own herbs inside on a sunny windowsill in winter or outside in a container during the summer. Having them close by makes it easier to enjoy their fragrance and flavor!



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