

Aunt Sophie's Chicken Soup

Ingredients:

1 whole, kosher, organic chicken
1 medium yellow onion, chopped
8 carrots, peeled and sliced
1 parsnip, chopped
3 cloves garlic, crushed
2 stalks celery, chopped
1 bunch fresh dill weed, chopped
Salt and pepper to taste

Directions:

Place the chicken into a large pot with the breast side down. Fill with enough cold water to reach about 3 inches from the top of the pot. Add the onion, carrot, parsnip, celery and dill. Bring to a simmer over medium heat, and cook, partially covered for 2 hours. Do not let the soup boil. Skim any fat from the top of the soup, and add the garlic cloves. Partially cover, and simmer for another 2 hours for best flavor.

Then strain the broth from the chicken soup. Return the broth to the pot. Remove the bones and skin from the chicken and cut into pieces. Return to the soup, or leave the soup as a broth, and reserve the chicken for other uses. Sip it til the sickness passes.

-Recipe courtesy of Melanie Chartoff