

Homemade Chicken Noodle Soup

Ingredients:

4 Tbspn. Koreneiki Extra Virgin Olive Oil
1 Shallot (roughly diced)
3 Garlic cloves
4 carrots (diced)
4 celery stalks (diced)
Kosher Chicken parts (I like to use 2 legs, 2 thighs and 2 breasts)
2 sprigs of fresh thyme
2 bay leaves
12 cups cold water
2 Tblspn. Himalayan Sea Salt
1 tsp. Pepper

Directions:

Place oil in a stock pot when oil is shimmery add shallot, garlic, carrot, celery, thyme, 1 tablespoon of salt and pepper.

Cook for 8-10 minutes.

Add the chicken parts to a hot spot in the pot and sear for a few minutes just to combine the flavors.

Add 12 cups cold water, add another tablespoon of salt and the bay leaves.

Cover and cook for 1 hour 30 minutes.

Take the chicken out of the pot, let cool enough to handle and shred the chicken.

Using a blender or immersion blender purée the vegetables, this keeps all the nutrients and packs a very flavorful stock. Add the chicken back to the puréed stock-add pasta or rice!

Enjoy!