

# Eat Smart • Move More

## Chicken Stock

**Prep Time:** 10 minutes

**Total Time:** 4 hours 10 minutes



### Ingredients

- 1 chicken carcass or assortment of chicken bones
- 6 cups water
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- ½ teaspoon ground black pepper
- ½ teaspoon salt (optional)

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (288.99g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes g Added Sugars	
<b>Protein</b> <1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.1mg	0%
Potassium 130mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

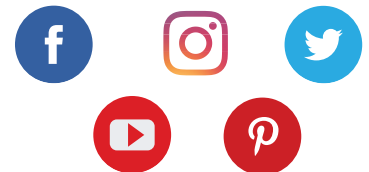
### Directions

- Place leftover chicken bones and/or carcass in a stockpot. Cover with water. Add onion, carrots, celery to the pot. Sprinkle with black pepper and salt.
- Bring to a boil and then reduce heat to a simmer. Simmer uncovered for at least 4 hours.
- Carefully remove the bones and strain the stock. Once cooled, remove the vegetables and store in the refrigerator within 2 hours of preparation. Use refrigerated stock within 2 days or freeze in an airtight container for up to 3 months.

### Quick Tips

- ▶ Stock can also be made in a slow cooker.
- ▶ For a larger batch of stock, add more water.
- ▶ Try fennel, garlic, parsley, rosemary, bay leaves, paprika, or thyme as other seasoning options.
- ▶ Freeze veggie scraps and use them when you make stock.

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