

## The Healing Multiple Meal Chicken

### Ingredients:

- 1 whole organic chicken
- 2 small white or yellow onions
- Organic multi-colored carrots
- Organic celery stalks & greens
- 6-8 organic garlic cloves
- Apple cider vinegar

### Directions for meal 1-

1. Turn on the oven to 375 degrees at BAKE.
2. Rinse the organic whole chicken and remove the organs from inside. Place it in a large baking dish with the wings facing down.
3. Wash the vegetables listed above. Chop the vegetables up into large chunks. Place the vegetables in a large bowl. Add your favorite spice: celtic sea salt, black and/or white pepper, oregano, parsley, thyme, basil,..and stir to mix the vegetables and seasoning.
4. Pour the vegetables around the chicken in the baking dish. Add clean quality water to the bottom of the baking dish, enough to cover the entire bottom
5. Cover the baking dish with another baking dish to keep the moisture in or aluminum foil
6. Bake for one hour or until cooked. When you slice between the breast and the drumstick, there should be NO pink. Uncover for the last 15 minutes
7. When cooked, remove from the oven and prepare to serve.

### Directions for meal 2-

1. Clean all the meat off of the bones, and place half in a contain for the refrigerator. \*(for meal number 3)
2. Take the other half of the cleaned chicken meat and chop it up and place in a bowl.
3. Add to the bowl a diced celery stalk
4. Add a slice of an onion, diced
5. Add half of a apple diced
6. Add a spoonful of avocado mayo, small sprinkle of salt, some pepper, dill, or any seasoning you like.
7. Serve a spoonful on top of a bed of lettuce, make Romaine lettuce wraps,

### Directions for meal 3 Bone Broth-

1. Within 24 hours of initially cooking the whole chicken, take the complete carcass and place in a large stock pot. Fill it with enough cold water to cover the bones and turn on a medium heat until the liquid starts to "role" and then turn down to a low heat so the stock barely simmers on the stove top.
2. Add ¼ cup of apple cider vinegar
3. Add 2 bay leaves
4. Add a half of an onion chopped
5. Add 4-6 celery stalks chopped into large pieces
6. Add some of the multi-colored carrots
7. You may add any other vegetables you want, what in the refrigerator, or stop here. Remember, we will be storing this broth in the freezer so more veggies take up more space. You can always add more vegetables when you are later preparing the stock.
8. Allow the stock to simmer on low for 24 hours.
9. Allow to cool off the burner at completion, while you get your containers for storage and the chopped chicken you saved in the refrigerator.
10. Store the completed broth in glass containers or mason jars with a little chicken in each. Be certain to only fill the jars ¾ of the way and allow it to cool before freezing.
11. If you want it to be a stronger broth to taste, use two whole chickens.