

# Chicken Stock

## Ingredients:

1 large onion, quartered

Celery ends, tops, and discarded stalks

3 Tbsp minced garlic

2 large, bone-in chicken breast (with skin)

1 Tbsp salt

1 tsp pepper

2-3 carrots (or a large handful of baby carrots)

1 Tbsp thyme

Water



## Chicken Stock:

This stock is the perfect to make at the same time as the gumbo—it uses the other half of the package of bone in chicken breast, the leftover onion ends and celery bits, and can simmer just as long on the stove.

Place 2 bone-in chicken breasts in stock pot.

Add onion ends and celery bits left over from the gumbo recipe.

Add 1 onion, peeled and quartered, minced garlic, salt, pepper and thyme.

Cover with water and bring to a boil.

Reduce and simmer until gumbo is ready, 2-3 hours.



Allow to cool, then strain chicken and veggies from stock.

Shred chicken and reserve for future recipes—store in freezer bag and freeze.

Pour stock into quart size freezer bags, label and freeze flat.