



Homemade Chicken Broth

Prep time: 5 min

Cook time: 45-90 min

Makes ~8 cups

INGREDIENTS

- 1 large (3-5 lb) raw chicken
- 10-12 cups water
- 1 onion, halved
- 3/4 teaspoon salt, or to taste

Optional ingredients:

- 1 bay leaf
- 1 whole clove garlic, peeled (not minced)
- 1 carrot

DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Place chicken in your largest pot. Add enough water to cover the chicken but not overflow the pan. Add onion, and optional seasonings if using. Put the lid on the pot.
2. Bring to a boil over high heat. Add salt. Reduce heat to medium low, or until the broth is just gently bubbling. Partially cover with the lid, and let cook for 45-75 minutes, or until an instant-read thermometer in the thickest part of the chicken reads 165 degrees.
3. While the chicken is simmering, some white foam will bubble up to the top of the broth. You can use a spoon to skim it off the top.
4. When the chicken is done cooking, remove from the broth and let cool until it can be handled. Remove the meat from the bones and chop or shred it. It can go in the broth to make chicken soup or it can be used for another use like chicken salad or chicken enchiladas.
5. If you would like, simmer the broth for another 30 minutes to concentrate the flavor. You can return the chicken bones to the broth to add even more flavor while it simmers.
6. Use the finished broth right away or pour into a large bowl with a lid and refrigerate.