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## Chicken Soup

*Serves 4*

*1 Tbsp extra virgin olive oil  
1 small chicken, but into quarters (remove giblets, optional removal of skin)  
3 medium carrots, peeled and sliced into half-moons  
4 stalks celery, diced  
1 quart water or reduced-sodium chicken stock  
salt and freshly ground pepper, to taste  
1 cup kale or spinach  
1 cup chopped fresh parsley*

Heat the oil in a medium soup pot over medium heat.

Brown the chicken 2 to 3 minutes on each side. Remove and set aside.

Add the vegetables (minus the kale or spinach) to the pot and cook for 4 to 5 minutes.

Put the chicken back in the pot, add the chicken stock, and bring to a boil.

Reduce the heat to low, cover, and simmer for about 45 minutes, until the chicken starts to fall off the bone, add more liquid as desired.

Remove the bones and skim off any grease off the top with a ladle.

Season with salt and pepper.

Add the kale or spinach and allow them to wilt.

Add the parsley and serve with a green salad.

Alternatively, you can prepare this in a slow cooker, on low for 8 to 10 hours.