

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**BASIC CHICKEN BROTH**

Makes approximately 2 quarts

**Ingredients:**

2 chicken quarters (leg and thigh combination), about 1½ pounds  
2 ribs celery, cut into chunks  
2 medium carrots, cut into chunks  
1 med onions, quartered  
8 whole peppercorns  
2 bay leaves  
1 clove garlic  
10 cups water

**Directions:**

Place all ingredients in a soup kettle or Dutch oven. Slowly bring to a boil. Reduce heat and simmer for two hours. Skim any foam and discard.

Set chicken pieces aside until cool enough to handle. Remove bones and discard; save the meat for another use.

Strain broth and discard vegetables and seasonings. Refrigerate 8 hours or overnight. Skim fat from surface.