

Chunky Chicken Soup

Recipe from: [The Pioneer Woman](#)

Makes 12 Servings

Ingredients

1 whole chicken, approximately 4 ½ lbs
(free range whenever possible)
1 whole bay leaf
64 ounces low sodium chicken broth
(or 32oz broth and 32oz water)
1 large onion, chopped
3 celery ribs, sliced
3 carrots, peeled and chopped
3 parsnips, peeled and chopped
½ tsp salt
ground black pepper, to taste



Directions

1. Place all ingredients but black pepper in a soup pot or Dutch oven.
2. Bring to a boil, then reduce to a simmer.
3. Cover and simmer for 1 ½ to 2 hours, or until chicken is done and vegetables are tender.
4. Remove chicken from pot and remove bones and skin. Discard bones and skin or freeze them to make future chicken stock.
5. Shred chicken and add back to soup.
6. Taste and adjust seasonings as needed.
7. Serve and garnish with black pepper.

Nutrition Information per Serving: 152 calories, 3 g fat, 1 g saturated fat, 61mg cholesterol, 260 mg sodium, 11g carbohydrates, 2 g fiber, 19 g protein