

THINGS TO KEEP IN MIND

Homemade chicken broth is just boiled chicken with spices. You are cooking this chicken in its own chicken broth.

Now you know how to also prepare chicken broth and store or freeze it for future recipes. Homemade chicken broth can be done in less than one hour if you boil the chicken on medium high.

INGREDIENTS:

- 1 tsp of turmeric
- ¼ tsp of cayenne pepper
- 1 tbsp of garlic powder
- 1 tbsp of dried oregano
- 1 tbsp of dried parsley flakes
- 3 chicken thighs without skin
- 1 10 oz bag of frozen mixed vegetables
- 4 carrots, chopped in small pieces
- 1 onion, chopped
- 1 tomato, chopped
- 4 celery sticks, chopped
- 3 cups of water
- 3 cloves of garlic, minced or pressed
- 1 red bell pepper, finely chopped
- 2 tsp of tomato paste
- 3 tbsp of fresh cilantro, chopped



Chicken stew with vegetables

Directions

1. Combine dried spices (turmeric, cayenne pepper, garlic powder, dried oregano, and dried parsley) in a small cup. Rub mixture over chicken and let sit for at least 30 minutes.
2. Place the vegetables (mixed vegetables, carrots, onion, tomatoes, celery) in the slow cooker. Add the chicken thighs, water, onion, fresh garlic, bell pepper, tomato paste, and fresh cilantro to the slow cooker. Cook for 3-4 hours or on low for 6-8 hours.
3. Once the chicken is fully cooked, remove and shred. Mix the cooked chicken with the broth and vegetables.
4. Serve over rice or quinoa with a fresh side salad.