

Chicken Soup

Not just good for the soul.

Ingredients

1 stewing hen or baking chicken
(about 5 to 6 pounds)
1 package chicken wings
3 large onions
1 large sweet potato, peeled and cubed
3 parsnips, peeled and cubed
2 turnips, peeled and cubed
12 large carrots, sliced
6 celery stalks, sliced
1 bunch parsley
salt
freshly ground black pepper

Directions

1. Clean the whole stewing hen or chicken, put it in a large pot, and cover it with cold water.
2. Bring the water to a boil. Add chicken wings, onions, sweet potato, parsnips, turnips, and carrots. Boil about 1 1/2 hours. Remove fat from the surface as it accumulates.
3. Add the celery and parsley. Cook the soup 45 minutes longer. Remove the chicken. Using a slotted spoon, transfer the vegetables to a food processor and process until they are pureed, or pass the vegetables through a strainer.
4. Refrigerate the broth and pureed vegetables for 1 to 2 hours. Skim any fat that forms on the broth.
5. Return the pureed vegetables to the soup, stir, and reheat. Add salt and pepper to taste.