

# LOWFAT CHICKEN STOCK

Diane Mott Davidson in Killer Pancake

Makes 1 serving.

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- 12 1/3 cups canned chicken broth  
(2-49 1/2 oz. cans)
  - 1 large onion, chopped
  - 1 carrot, chopped
  - 3 pounds chicken legs & thighs (3-3 1/2 lbs), skinned & defatted
  - 12 1/3 cups water (2 cans water)
  - 1 celery stalk with leaves
  - 2 bay leaves
  - 1 teaspoon dried thyme

Discard fat from top of the cans of chicken broth.

Heat in very large stockpot, (if you do not have a very large stockpot, you can divide the ingredients and make the stock in two stockpots)

Remove from the heat and spray twice with vegetable oil spray.

Toss in the onion and carrot, lower the heat, and cover the pot.

Cook, stirring frequently, over med. high, add the chicken and cook until the chicken flesh is browned on both sides, about 5 min.

Pour in the chicken broth and water, add the celery and bay leaves, and bring to a boil.

Boil for 5 min.

As foam accumulates, skim it off and discard.

Lower the heat to simmer and add the thyme.

Simmer, covered, for 2 hours.

Add water as necessary to keep the chicken covered with liquid.

Remove the pot from the heat.

Remove the chicken and allow to cool, then pick the meat from the bones and reserve for another use.

Strain the stock and discard the vegetables and bay leaves.

Cool to room temp.

Cover and refrigerate overnight.

Lift any congealed fat from the stock and discard.

Store for 2 or 3 days in the refrigerator or freeze for longer storage.

Makes 20 to 24 cups.

## Chicken, Low Fat, Make Ahead Recipes, Yummy!, Yvonne's Favorites

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Per serving (excluding unknown items): 102.4 Calories; 0.8g Fat (6.3% calories from fat); 2.9g Protein; 23.6g Carbohydrate; 0mg Cholesterol; 31mg Sodium. Exchanges: 3 1/2 Vegetable.

✓  
~~SAMS~~  
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