



## *Herban Health*

providing and promoting community based  
holistic healthcare to the medically underserved  
in the San Francisco Bay Area

### **Chicken Congee**

(Good for Digestion and improved overall health)

#### **Ingredients:**

- 1 cup rice (any kind is okay, white is best for digestion)
- At least 8 cups of water or more
- Organic chicken bones (necks and backs are available at Whole Foods very inexpensively, or wings which cost a little more)
- 1 teaspoon apple cider vinegar
- Vegetables cut in large pieces, such as carrots, celery, chayote, potatoes, onion, garlic
- 1 or 2 teaspoons of dried herbs, such as rosemary, thyme, sage, oregano, or a combination of herbs. You can also use 1/2 to 1 teaspoon of dried herbs.

#### **Instructions:**

Combine everything and cook on low heat for at least 5 hours (the longer the better). If using a crockpot you can leave unattended for up to 12 hours, or if using a pot on the stove, bring to a boil and lower to a simmer for at least 5 hours. If you are using a pot on the stove be sure to stir occasionally and add additional water if necessary. Remove bones.

Eat with meals or between meals as a snack, preferably 2 times per day if you're having trouble with digestion or feeling weak. Eat regularly as a part of your diet.

If you would like to contribute a recipe, see more recipes in our collection, or learn more about Herban Health's clinics and classes, please visit us at [www.herbanhealthepa.org](http://www.herbanhealthepa.org).