



Recipe for Soup Stock

Ingredients:

- 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.

Note: This is all the ingredients from the Chicken Congee recipe, minus the rice.

Instructions:

Combine all of the ingredients. Cook as long as you are able, but a minimum of 3 hours. Strain the liquid and put in the refrigerator. After cooled, skim the fat from the top and use the liquid either to drink as a tea or as a base for cooking rice or making soup. It is a good way to get children who don't normally like vegetables to eat them.

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