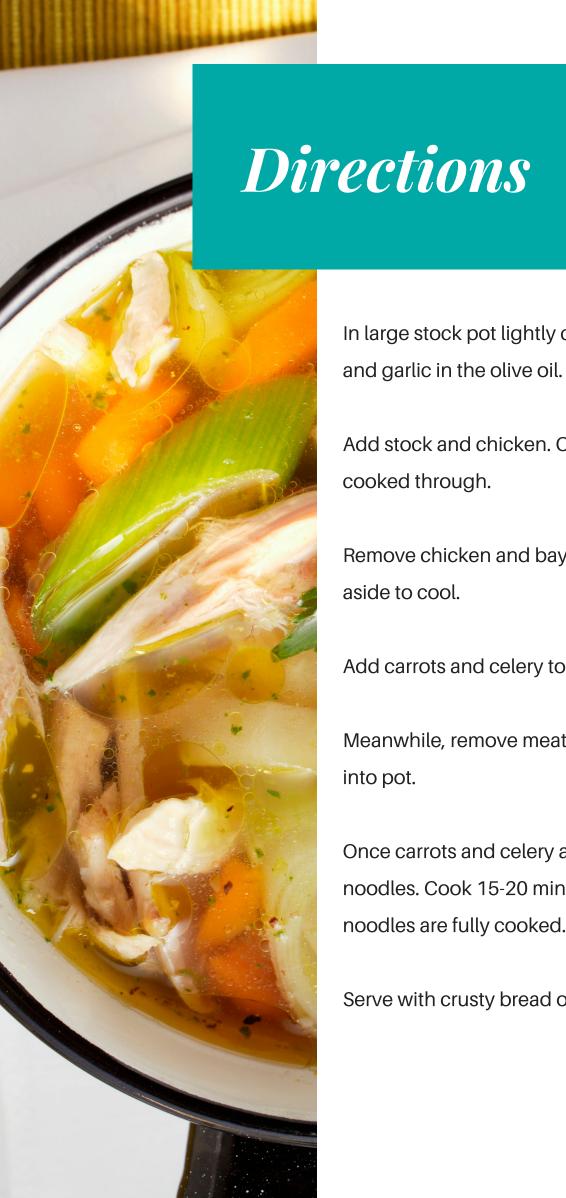




- 1 whole, organic chicken
- 1 Tablespoon extra virgin olive oil
- 1-1/4 teaspoons pepper
- 1 teaspoon salt
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 10 cups organic chicken stock or bone broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 tablespoon parsley
- 2-3 cups uncooked egg noodles



In large stock pot lightly caramelize the onions

Add stock and chicken. Cook until chicken is cooked through.

Remove chicken and bay leaves. Set chicken aside to cool.

Add carrots and celery to stock.

Meanwhile, remove meat from chicken and add into pot.

Once carrots and celery are almost tender, add noodles. Cook 15-20 min until vegetables and noodles are fully cooked.

Serve with crusty bread or oyster crackers.