

Sleep. Love. Eat.

Chicken No-Noodle Soup

Ingredients:

- 2 Rotisserie Chickens
- 3 Quarts Vegetable Broth
- 1 Yellow Onion, halved
- 1 large bunch of Carrots (or 4 large Carrots), thinly sliced
- 1 large bunch of Celery, thinly sliced
- 1 Tablespoon Thyme (fresh or dried)
- 1 Tablespoon Old Bay Seasoning (or similar seafood seasoning)
- 1.5 Tablespoons Sea Salt (use none, more, or less as desired)

Instructions:

- Have two large bowls and two large pots available.
- Separate the chicken meat from the carcass by tearing it apart using your hands.
- Place the torn edible meat pieces into Bowl #1, and the chicken bones, skin, and other spare parts into Bowl #2.
- On the stovetop, have a large pot on medium heat. Place the chicken spare parts from Bowl #2 (all of them!) into the pot. Add the onion (peeled and cut in half), and the 3 quarts of vegetable broth.
- Allow this to heat up to a boil (may take 20 minutes or so). Once boiling, place the lid on the pot, reduce the heat, and simmer for 1 hour.
- Chop your celery and carrots into thin slices. If the slices are too thick, no worries, the soup will just take longer to make (you can taste them as you go).
- After your chicken soup stock has simmered for one hour, strain all contents of that pot over another empty large pot (using a colander) so that all that remains is the broth. Go ahead and toss the strained parts, they've done their job!
- Place the second large pot containing your soup broth onto the stovetop.
- Add the torn chicken meat, sliced carrots and celery, thyme, old bay seasoning, and sea salt. Gently mix everything around using a ladle or wooden spoon.
- Place the lid on the pot and simmer for 1 hour.
- Serve. Eat (careful – it will be HOT). Enjoy!
- When done – allow soup to cool to room temp before storing in airtight containers. The soup will stay good in the fridge for a few days, but you can also freeze extras to pull out and heat up later!