



Mediterranean Chicken Soup

with Tabbouleh Salad

Makes 1 large pot, approx. 8–10 servings ~ \$12.97 (plus chicken carcass)

Ingredients

- 1 3 1/2 – 4 pound chicken carcass with bits of meat left on
- 6 carrots, peeled
- 4 celery stalks
- 1 large yellow onion, quartered
- 2 1/2 teaspoons kosher salt
- 1 teaspoon whole black peppercorns
- 1 15-ounce can chickpeas, drained and rinsed
- 1 lemon, cut into wedges
- Tabbouleh salad (see separate recipe)

Directions

1. Place the chicken carcass in a large pot.
2. Cut 3 of the carrots and 2 of the celery stalks into 1-inch pieces. Quarter the onion. Add the cut vegetables to the pot with the salt, peppercorns, and enough cold water to cover (about 8 cups). Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, about 1 hour, adding more water if necessary.
3. Strain the broth, discarding the vegetables. Return the broth to the pot.
4. Thinly slice the remaining carrots and celery. Add them to the broth and simmer until tender, about 10 minutes.
5. While the soup simmers, cook the quinoa according to the package directions. Prepare the Tabbouleh salad. (See separate recipe.)

When the chicken carcass is cool enough to handle, remove the bits of meat and add it to the soup. Stir in the chickpeas. Ladle the soup over the Tabbouleh mixture. Serve with the lemon wedges if desired.

Recipe courtesy of Tracy Pikhart Ritter

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