

Mom's Chicken Soup

From Eating Out Loud by Eden Grinshpan

Ingredients:

1 whole chicken (4 pounds)
3 large carrots, cut into 1-inch chunks
3 celery stalks, cut into 1-inch chunks
2 medium parsnips, peeled and cut into 1-inch chunks
1 large yellow onion, peeled and halved
1 head of garlic, halved horizontally
1 teaspoon ground turmeric
Kosher salt and freshly ground black pepper
1 bunch parsley, leaves and stems
1 bunch of dill, leaves and stems, plus more leaves for garnish

1. In a large pot, bring 16 to 18 cups of water (enough to cover the chicken) to a boil over medium-high heat. Add the chicken and return to a boil, skimming off any foam or bits that float to the top. Add the carrots, celery, parsnips, onion, garlic, and turmeric. Season well with salt and pepper. Reduce the heat to medium and simmer uncovered for 1 hour, stirring occasionally, until the chicken is cooked through, the vegetables are tender, and the broth is infused with flavor.
2. Stir in the parsley and dill and check again for seasoning. Remove the pot from the heat and let the soup steep, off the heat, for 20 minutes.
3. Remove the chicken and let it cool slightly. Pick the meat off the chicken carcass and tear into bite sized pieces (or use two forks to shred it). Discard the skin and bones along with the herbs. Return the chicken meat to the broth and serve warm, or let the soup cool completely before dividing it among storage containers and storing in the fridge for up to 1 week (it's even better the next day) or in the freezer for up to 1 month.