

Recipe – Pulled Chicken Stew

Ingredients:

- one whole chicken
- 2 carrots
- one onion
- 2 stalks celery
- 2 parsnips
- up to one whole head of garlic, peeled and minced
- two bunches of greens
- salt, if desired

Directions:

In a large soup pot, cover the chicken with water and add the veggies, coarsely chopped.

Simmer gently two hours.

Remove the chicken carefully and let it cool so you can handle it.

Remove skin and bones and pull or peel apart the chicken into bite sized pieces

Strain the broth and return it to the pot.

Add the garlic and greens and cook about five minutes, adding a little water if necessary

(it's stew, not soup).

Return the chicken to the pot and heat through.

Serves 6.