

Dizzy Chicken Soup

Left over chicken carcass. (I use a leftover Rotisserie Chicken hence the name dizzy)

Water

Place the chicken bones and meat into a stockpot. Cook over low heat or in a crock pot until the carcass falls apart and the broth looks relatively thick.

This is the broth part. Frequently I make a few batches of broth and freeze them to use later.

Drain the liquid from the bones and meat. Let the bones cool so you can pick out any meat you wish to use in the soup.

Pour the broth and any chicken into a stock pot. Add vegetables, and around 1 cup of brown rice. I use a frozen bag of mixed vegetables or sometimes I use vegetable like peas, green beans, corn, and carrots from the refrigerator. You can add any variety you prefer. Cook the broth, rice and vegetable until tender. Add some salt or other seasoning if you prefer