

Trim Healthy
W I S D O M

Drive Thru Sue Bone Stock (FP)

(P- I mentioned to Serene that I'd never make stock because the process seems so complicated and laborious, and I just don't have time for all that. She looked at me in horror, "What Pearl????!!!! You mean you can't put your rotisserie chicken bones in your crockpot with a carrot and celery stick snapped in half????!! What's wrong with you????!!!" I guess I needed a bit of my sister's tough love. It is almost that simple. My fears were unfounded.

So, my fellow Drive Thru Sues, what are you waiting for? Shock yourself, your friends, and your family, and bring gourmet and homespun nutrition to your kitchen with this stripped-down to stupid-simple stock recipe! If you are single or have a small family, buy one chicken at a time and save the carcasses in bags in the freezer until you have enough, or save the bones from chicken legs and drums until you get 2 pounds. Drive Thru Sue Bone Stock is also found in the "Condiments and Extras" section of the Trim Healthy Mama Cookbook, page 496. This recipe is a multiple-serve recipe that makes about 2 ½ quarts of bone stock.)

Multiple Serve Recipe

INGREDIENTS:

- 3 rotisserie chicken carcasses
- 2½ quarts water (cold)
- 2 Tbs apple cider vinegar
- 1 medium carrot (broken in half)
- 1 stalk celery (broken in half)
- 1 medium onion (sliced in half; with skin)

INSTRUCTIONS:

1. Put all the ingredients in a crockpot and set it to low. Do it before bed and go to sleep, or do it in the morning and enjoy your day. Forget about it for 12 to 24 hours.



2. Strain your stock through a colander. Chill the stock in the fridge so the fat rises to the top.
3. Scrape off the fat and throw it away (although Serene would rather you freeze it in ice cube trays and use it for yummy meaty flavorings in S recipes, like gravies or frying up onions, and so on, if that sounds like a lot of work, ignore Serene.)
4. Separate the stock into cup-size portions and freeze in zippies for future use. Of course, you will want to leave some in the fridge for this week.