

Choco Fever Dream

Bone Broth Chicken Soup

Hearty bone broth chicken soup with tender chicken, fresh veggies, and soothing broth.

15 min Prep time	**2 h** Cook time	**2 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Broth Base

- [ ] 2 lbs chicken bones (preferably roasted)
- [ ] 8 cups cold water
- [ ] 1 onion, quartered
- [ ] 2 carrots, roughly chopped
- [ ] 2 celery stalks, roughly chopped
- [ ] 2 cloves garlic, smashed
- [ ] 1 bay leaf
- [ ] 1 tsp whole peppercorns

Soup

- [ ] 2 chicken breasts, cut into bite-size pieces
- [ ] 1 cup carrots, sliced thin
- [ ] 1 cup celery, sliced thin
- [ ] 1/2 cup pearl onions, halved
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh thyme leaves
- [ ] Juice of 1/2 lemon
- [ ] Sea salt to taste

Instructions

1. Place the roasted chicken bones, onion, carrots, celery, garlic, bay leaf, and peppercorns in a large pot; cover with cold water and bring to a gentle simmer, skimming foam as it rises.
2. Let the broth simmer uncovered for about 2 hours, stirring occasionally; the liquid will turn a deep golden hue and develop a silky mouthfeel.
3. Strain the broth through a fine-mesh sieve, discarding solids; return the clear broth to the pot and bring back to a low simmer.
4. Add the chicken pieces, carrots, celery, and pearl onions; cook until the chicken is just cooked through and vegetables are tender, about 15 minutes.
5. Stir in parsley, thyme, lemon juice, and season with sea salt; ladle into bowls and enjoy the comforting warmth.

Nutrition per serving

210 kcal Calories	**30 g** Protein	**10 g** Carbs	**5 g** Fat

Tips & notes

- If you prefer a richer broth, roast the bones a second time before simmering.
- Skim the surface regularly for a crystal-clear soup.
- Add a dash of white pepper at the end for a gentle heat.