

CHICKEN STOCK

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 lbs chicken wings, backs &/or giblets
12 C water
1 large onion, quartered
2 carrots, scrubbed & cut into 1" pieces
2 large celery stalks with leaves, cut into 1" pieces
1 large leek, cleaned & cut into 1" pieces
8 sprigs flat-leaf parsley
2 sprigs thyme
12 black peppercorns
1 1/2 tsp salt, or to taste

DIRECTIONS:

In large stockpot, combine chicken & 12 C water - bring to boil. Skim off foam that rises to surface - add onions, carrots, celery, leek, parsley, thyme, peppercorns & salt. Reduce heat & simmer, partially covered, about 2 hours, skimming off any foam & fat occasionally.

Line a colander with a paper towel or a double layer of cheesecloth - place over a large bowl. Strain the stock through the colander, pressing the solids with a wooden spoon to extract the juices - discard solids. Refrigerate stock till the fat rises to surface - scrape off and discard the fat - OR, cool & transfer to 1 C freezer containers to freeze & remove fat when ready to use.

Makes 8 servings

(per serving: 23 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 446mg sodium, 3g total carbohydrates; 0g dietary fiber; 1g protein, 0mg calcium - WW points per serving: 1)