

Feed a Cold Recipe (from commoncold.org)

Natalie's Chicken Foot Soup

Stock or Broth:

- 3 lb chicken wings or backs
- 3 lb chicken feet
- half head garlic (unpeeled)
- 2-3 leeks washed, cut into fourths
- 1 lg onion, peeled, cut into fourths
- 6-8 celery stalks, cut into fourths + leaves
- salt to taste
- 20-25 peppercorns (white)
- 3-4 sprigs fresh thyme
- 1 bunch parsley

Put chicken parts in stockpot and add water to cover, bring to a simmer, skimming all the while. When scum ceases add remaining ingredients. Bring back to a simmer. Cover, leaving small opening. Simmer for 2-3 hours. Strain broth through washed cheese cloth, discard all other ingredients. Put broth in refrigerator after cooled and let broth harden on the top. Remove fat from top and discard. Reserve broth for soup.

Soup:

- 2+ quarts broth
- 2 celery stalks thinly sliced
- 2 large carrots thinly sliced
- 2 bunches green onions thinly sliced
- 1/4 lb thin pasta (vermicelli) broken into 1 inch pieces; or orzo etc.
- season to taste with salt and pepper
- simmer until vegetables and pasta are tender and flavorful
- add 2 cups cooked chicken (bite sized pieces) and continue simmering until chicken is warmed

For Variation, add the following ingredients:

- 2 small zucchini, sliced
- 2 small potatoes peeled and cut into cubes
- 1/4 to 1/2 lb string beans trimmed and cut into 2 inch pieces
- 2 medium ripe tomatoes peeled, halved, seeded, and chopped
- 1 cup canned cannellini beans

[The vegetable assortment is not a rigid formula; proportions and amounts are up to the cook]