

Chicken Vegetable Soup with Brown Rice

1 whole chicken (approximately 3 lb.)
3 qt. water
1 bunch parsley stems
8 black peppercorns
1/2 onion
3 carrots (1 whole and 2 medium dice)
1 zucchini diced
1/2 onion diced
1 tsp. olive oil
1 C cooked white beans
1/2 C chopped tomatoes
1/2 C leeks diced
leftover brown rice from lunch
S and P to taste

1. Using a large stock pot, combine chicken, parsley stem, 1/2 onion, peppercorns, and whole carrot with 3 qt. water. Bring to a boil and simmer for 45 minutes (note: you will need to skim the top of the stock to remove impurities). Strain and reserve chicken.
2. Carefully pick chicken off the bone and keep aside, being careful to not include any bones.
3. Utilizing the same pot, over medium heat add olive oil, then the onion, and cook for 4 minutes or until the onions become translucent. Add carrots and leeks and continue to cook for 3-4 minutes.
4. Add the zucchini and cook for 2 minutes longer. Add tomato and continue to stir until vegetables are tender. Add beans, pulled chicken and TASTE. Pour your reserved stock back into the pot and add reserved brown rice from lunch.. (note: use only desired amount depending on the thickness you prefer. You can always store the stock for another use.)