

Chicken "scrap" Soup with Rice  
(serves 4 or more! - depending on your frig!)

1 whole chicken 3 lb. (make more to use for dinner tonight)

3 qt. water

1 bunch parsley stems

8 black peppercorns

Whatever you have in your refrigerator

For example: 1 chopped carrot, 2 chopped tomatoes, celery, squash...literally anything you would like to eat can be placed in the soup to cook.

1 C Basmati or Brown rice

S and P to taste

1. in large pot place chicken, parsley stem, peppercorns, and anything in the refrigerator and 3 qt. water, bring to a boil and simmer for 45 minutes, strain and reserve chicken and liquid separately.
2. Pick chicken off the bone. Set some aside for chicken stir fry dinner, and place the rest back into soup.
3. In medium sauce pot add rice and 2 C water. Bring to a boil, reduce heat and simmer for 20 minutes covered or until cooked.
4. Place rice in bowl and pour the soup over the top. TASTE!