

# Classic Chicken Soup, by Michael MacIntyre

## Ingredients

3-4 lb. whole chicken  
2 Onions  
1 Whole head of garlic  
2-3 Large celery stalks roughly cut up  
2-3 Carrots roughly cut up  
8-10 Cups of water  
1-2 tsp. Dried Rosemary  
Salt  
Pepper  
3 tbsp. **Atlantic Spice Chicken Bouillon Base**  
1 lb. Frozen Peas  
Cooked Egg Noodles

## Directions

1. Rinse and dry the whole chicken. Reserve to the side the neck and gizzards. Dispose of the liver (it clouds up the soup if used)
2. Quarter 1 onion with skin and place in the cavity of the chicken along with several sprigs of rosemary and 5 cloves of garlic.
3. Crush 5 cloves of garlic and tuck under skin.
4. Place chicken in a baking dish along with the extra chicken parts. Salt & pepper the chicken inside and out.
5. Place chicken in a 375- degree oven. Cook chicken thoroughly, but do not overcook. Generally, chicken is cooked to 165, but in this case the chicken should just be cooked long enough to be able to easily remove the chicken from the bone.
6. When the chicken is finished being cooked, take it out of the oven and place in a large bowl. Once the chicken has cooled enough to handle, remove the meat from the bone. Reserve the meat separately from whatever is left.
7. Add the reserved items (bones, onions, chicken parts) to a large pot. Add ½ of the cut-up celery, carrot, and rosemary to taste.
8. Add water. Place pot on medium high and bring to simmer. Simmer for 45 minutes.
9. Drain the contents of the pot through a colander into another pot. Discard everything in the colander.
10. At this point you should have clear chicken broth. To the broth add the remaining chopped carrot, celery, & onion. Simmer until vegetables are cooked to desired doneness.
11. Add **Atlantic Spice Chicken Bouillon Base** as suggested or to preferred taste.
12. Add the reserved chicken & frozen peas.
13. When ready to eat add to individual bowls the cooked egg noodles.
14. Ladle out the soup over the noodles. ENJOY!