

## Recipe – Chicken Stew With Rosemary, Garlic and Lemon

### Ingredients

- One 3 – 4 pound chicken
- One lemon, juiced
- One whole head of garlic, peeled and mashed
- several sprigs of rosemary
- Any combination of stew vegetables, like turnips, carrots, onions, mushrooms to make 6 portions
- olive oil
- salt and pepper
- May need a little organic broth or soup base
- chili oil, if desired

### Method

Rinse the chicken and place in a soup pot with water to cover.

Add a large handful of rosemary, stems and all.

Add lemon and garlic.

Simmer for an hour or until the meat is cooked. Remove. Strain out the solids. Cool the meat. Take the meat off the bones and shred or cut coarsely.

Meanwhile, clean the vegetables and cut in large chunks. Sautee them in a little olive oil.

Add them to the soup pot and simmer until just tender. Return the meat to the pot. Taste for seasoning. It may need a little organic broth base, or maybe just salt and pepper or chili oil.

Serves 6 - 8.