

Mom's Famous Chicken Soup

Moses Ting

Ingredients:

(Quantity in this ingredients list is based on a 5 quarts slow cooker. Adjust as necessary.)

3-5 Chicken Thighs & Legs (You can use one whole chicken if you like, dark meat is preferred for soups)

1 Head of Cabbage, sliced

4-6 Celery Stalks, sliced

Directions:

1. Remove chicken skin for a healthy and less fatty soup
2. My mom calls this step "pushing the water out". Bring a pot of water to boil, and the pot should be big enough to fit all the chicken meat you intend to use. Keep high heat, place chicken parts into the boiling water. Boil chicken for approx 5-7 minutes, just enough for the exterior to cook. Then remove chicken from heat and discard water. This can be considered as 'dirty water'.
3. Fill slow cooker with filtered water and drop chicken into the slow cooker. If you boil the water first, it'll take less time for the contents in the slow cooker to come to a boil.
4. Adding the cabbage and celery and be done now or later.
5. Let slow cooker simmer for at least 3-4 hours. By this time, the meat should readily fall off the bones.
6. Add salt and pepper to taste.