Healing Chicken-N-Noodles

 My dad’s mother Nellie Dilley, made the original recipe, but over the years, I’ve added to the recipe and made it into my own “Healing, Immune Boosting, and Protective” dinner. I fix this at least 2-3 times during the fall, winter, and early spring months to protect us against all colds, flu, upper respiratory infections etc. This is not the only recipe that can heal, fight, and protect, I use others’ too, but this is truly a favorite. Below is both grandmas’ original recipe with all my extra ingredients for taste and fighting protection!

By Renee Hartman

**Ingredients**:

1 Whole Organic Chicken (with or without giblets, neck etc.)

3-4 Celery stocks with leaves – wash off and cut in half or smaller

4 Whole Carrots – washed – leave skin on, cut into any type pieces

½ White or Yellow Onion – remove peel, cut into wedges

2-3 Garlic Cloves – cut into slices

Pinky Size Ginger Root – take off skin, cut the root into slices

1 T Echinacea Loose Herb (can add more if you want)

1-2 tsp Parsley

1-2 tsp Basil

1-2 tsp Sea Salt, Himalayan salt and/or 1 tsp of each

1 tsp Pepper

1 tsp Bragg’s Liquid Amino Acids

½ tsp Rosemary

¼ tsp Turmeric

Whatever noodles you like, I use Amish wide noodles; or make you own see below

**Directions:**

1) Rinse off whole chicken and set into a large kettle (Dutch oven and/or stockpot)

2) Fill with purified water until chicken is covered

3) Add all veggies and spices

4) Cover and simmer for 3 to 3 ½ hours, stirring and flipping chicken on occasion

5) When finished, have a 5 to 7 quart pot and/or stockpot with a strainer over the pot. Carefully pour homemade broth into the pot. \*If there is more broth left, I always put it in a plastic container and freeze it. The broth is where all the great stuff is! ☺ Leave the pot where you can easily put the chicken meat in it!

6) After all broth is drained slowly dump all the rest of the ingredients into the strainer and then place it on top of the lager kettle used to cook it and let cool 5mins.

7) When chicken is somewhat cool enough, remove all skin and start taking off all the meat. Shred the meat with your fingers (pull it apart from the bones and then into pieces into the pot with the broth.

8) When all meat is picked off the meat and into the broth pot, place it back on the stove. Determine when you want to eat, heat the broth and chicken on medium until a good boil; and then add noodles. At this time, you can add more salt or pepper if desired. I normally don’t.

9) Cook until noodles and done and serve over mashed potatoes. ENJOY!

**Grandma’s Homemade Noodles**:

1 egg beaten

½ tsp salt

2 T Milk

1 Cup Flour

\*Combine egg, salt, milk; add enough flour to make stiff dough. Roll very thin on floured surface; let stand 30mins. Roll up, slice 1/8 inch thick; spread out, and dry for 2 hours. Drop into boiling broth and chicken and cook 20mins or more.

Notes: You can use a beef or bison roast instead of whole chicken too. I add the spices, normally don’t measure them out. You might have to tweak the above. ☺