

Chicken Soup

line	#	qty	units	ingredients	notes
1	2		#	boneless chicken	get with bone if you like
2	2 - 4		TBLS	Billy Goat Mountain blend # 12, Zesty, Chili, Taco	pick you flavor and adjust for taste
3	1-2		cups	chicken broth	from this chicken or store bought
4	3		TBLS	sour cream	
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- 1 If possible, clean fowl with sodium hypochlorite (bleach) (see instruction on separate page)
- 2 Preheat oven to 200-225 degrees.
- 3 Place fowl, 1 layer thick, in glass pan (that is what I use) and put in oven. Cook till meat is proper temperature, ie chicken around 160-165.
- 4 Use a meat thermometer. Open oven and using tongs or fork lift a piece of meat and poke meat in a direction which allows a long section
- 5 of temperature probe to be IN the meat. Check at intervals in the process.
- 6 STOP the cooking process when the temperature is reached. The meat will still continue to cook on its own for a short time.
Turn off heat and remove meat from oven.
If you want to use a crock pot, it may take much longer. DO NOT put in crock and cook ALL DAY.
Over cooking (temperature or time) will dry the meat & make it tough.
NOTE: the temperature will rise slowly at first and faster the longer you cook. (exponential). Pay attention & learn your equipment.
You may want to try testing a crock for what temperatures are reached for each setting. Not always easy.
- 7 At this point, you can do whatever you want with the meat and meat juice. My idea follows next.
- 8 Cut chicken into small bite sized pieces
Add broth, noodles, sour cream & Billy Goat Mountain spice
- 9
- 10
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Contributed by ... Rocky approximate serving size = 2-3 people

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