

Chicken Chowder *Makes 3 quarts*

Use home-grown, grass-fed and organic ingredients whenever possible.

For this recipe, you will need 3 cups of cooked chicken and 6 cups of chicken broth. You can easily make these (batch cooking) in your pressure cooker.

Ingredients:

2 TBSP freshly pressed garlic (set aside until needed in the recipe)
1 large onion, chopped (1 1/2 - 2 cups)
4 TBSP butter or olive oil or chicken fat
2 tsp **thyme** (whole) + 2 tsp **basil** + 1 tsp **rosemary** (whole)
1 tsp dried red bell pepper (or 1/4 fresh red bell pepper, finely diced)
2 tsp sea salt (taste-test after soup has finished cooking and adjust)
1/2 tsp black pepper + 1 large bay leaf
6 cups chicken broth (homemade is best)
4 cups (2 - 12 oz pkg) frozen vegetable medley (i.e., corn, green beans, carrots & peas combo)
1/2 cup flour (or 1/3 cup cornstarch for gluten free version)
3 cups (1 lb) cooked chicken, diced
1/4 cup fresh parsley, minced, for garnish
1 cup heavy cream

Buttermilk Biscuits (7.5 oz package or homemade recipe to equal 8 biscuits)**

Directions:

1. Press the garlic cloves through a garlic press. Set aside.
2. Chop the onion coarsely or finely, to your preference. Heat the oil in a Dutch Oven (oven safe) until it's shimmering. Add the onions and cook 5 minutes or until the onions are softened, stirring occasionally.
3. Add the pressed garlic and dry spices to the pot and cook for 1 additional minute.
4. Add the broth and increase the heat to medium-high.
5. Bring the mixture to a simmer, scraping the bottom of the Dutch oven to prevent sticking.
6. Sprinkle the flour (or cornstarch) over the frozen vegetables in a large bowl and stir to coat.
7. Add the vegetables to the simmering broth and stir. Cook for 5-10 minutes, or until veggies are desired doneness.
8. Stir in the cooked chicken and heavy cream.
9. When broth has returned to a simmer, immediately remove from heat and gently place the biscuits on top of the simmering chowder. Bake uncovered in a preheated oven at 400° for 12-15 minutes or until the tops of the biscuits are golden brown.
10. Let cool 10 minutes before serving (chowder will thicken as it cools).
11. Garnish with chopped parsley.
12. Remove bay leaf if storing any leftovers.

Note: To prevent biscuits from getting soggy when storing leftovers, remove from chowder and store in a separate container.

*You can substitute thinly sliced green onions for the onions. To keep the onions fresh and beautifully green, do not saute as the recipe indicates. Instead, add the green onions at the same time as the cooked chicken and heavy cream.

**This chowder can also be made without the biscuits on top.