



## **Chowder with Chicken and Broccoli**

**Makes about 6 servings**

### **Ingredients:**

4 chicken thighs  
8 cups water  
Salt  
1/4 lb. bacon, cut into small dice  
1 1/2 cups onion, small dice  
1 1/2 cup celery, small dice  
2 tsp. dried thyme  
3 cups broccoli, florets cut bite-size, stems sliced thin  
3 cups potatoes, peeled, diced  
4 tbsp. cornstarch mixed with about 1/3 cup water  
3 cups milk  
Salt and freshly ground black pepper, to taste  
1/4 cup fresh parsley, chopped, for garnish (optional)



### **Method:**

Begin recipe about 2 hours before finished soup is needed: Place the chicken thighs into a soup pot and add the water. Bring the water to a boil then reduce heat to a simmer. Add 2 tablespoons of salt to the water and simmer the chicken thighs for about 90 minutes, or until the meat is falling off the bones. Turn off heat and remove chicken thighs to a plate to cool enough to handle. While meat cools, skim off any fat or other impurities from the chicken broth. Fat/impurities can be discarded.

Next, heat a medium size non-stick pan over medium-low heat. Add the bacon and stir and cook for a few minutes or until the bacon has rendered much of its fat and is beginning to brown. Add the diced onion and celery plus a large pinch of salt. Keep cooking, stirring now and then, until the vegetables are soft and the onion is translucent.

Add the bacon mixture to the chicken broth and bring broth back to a simmer. Allow the broth and vegetables to simmer for a few minutes while you remove chicken meat from bones. Discard skin, bones, cartilage, etc. Cut thigh meat into bite-size chunks. Set meat aside.

Rub the dried thyme between the palms of your hands to release some of its aromas, add to the simmering soup. Now add the broccoli and potatoes. Simmer very gently so potatoes and broccoli can cook and not fall apart- about 10 minutes or so, depending how large the pieces are.

Once the broccoli and potatoes are tender, stir the cornstarch mixture to blend it. Then add it to the soup while stirring the soup. Keep stirring gently to distribute the cornstarch into the soup and cook for two or three minutes longer as the soup thickens. The soup will be fairly thick. Once the soup is thickened, add the milk and the chicken pieces, stirring again to blend the milk into the thickened broth. Add salt and pepper to taste and bring the soup back to a simmer. Simmer gently for another few minutes to fully heat. Add the chopped parsley and the soup is ready for serving. Serve hot with your favorite bread.

#### **SEAFOOD CHOWDER VARIATION:**

For a chowder made with canned clams or salmon, use the following to replace the chicken and the broccoli.

- 3 cans, 6 oz each clams or salmon (dark parts removed and chunked if using salmon), plus juices
- 7 cups chicken broth PLUS 2 cans clam juice
- 3 cups frozen corn (in place of the broccoli)
- Optional: 1-2 tbsp. fresh lemon juice along with the salt and pepper

FOR BEST RESULTS, add the canned clams/salmon at the very end of cooking the chowder. These products just need to be heated. They will not benefit from longer cooking.