

Slow Cooker Chicken Soup

1 cup diced onion
1 cup carrots, cut into rounds
1 stalk celery, diced
½ cup diced turnips
¼ cup diced red or yellow bell pepper
1 cup shredded cabbage
¼ cup diced tomato, or 2 tsp tomato paste
2 bone-in, skin on chicken legs
1 tbsp garlic powder
1 tsp onion powder
¼ tsp cayenne
¼ tsp turmeric
1 tsp black pepper
1 tbsp dried parsley
1 tbsp salt

Dried herbs of choice, such as marjoram, rosemary, thyme, Italian blend, poultry blend, oregano, celery seed, ground fennel, sage, etc. About 1.5 tbsp of total herbs should suffice.



Some days are just chicken soup days. Today is one such day. Not only is it raining and gross outside, but today is the day my fiancé and I receive our second vaccine. To say the relief is palpable would be an understatement. But, having asked around about this vaccine, we know we can expect a few days of not feeling so great. I consider those few days a small price to pay, but I know we will still need soup. So, I'm making an old standard of mine, tweaked to be able to use my slow cooker (a kitchen appliance I hardly use, I have to admit. Mine is far too large for both my kitchen space and the two people my household consists of, but I can't bring myself to get rid of it. I rarely use it outside of making large batches of stock. Seeing as I'll need a large amount of soup, enough to last for a few days, I thought it'd be a good time to bring it out.).

Consider this recipe more of a guideline than actual rules. The ingredients I use change slightly based on what's in the market or my veggie drawer. The chicken I use changes based on what's in the freezer. Sometimes I add potatoes to the soup, sometimes I boil egg noodles separately and add them to the soup later, sometimes I use rice. Sometimes I make the stew very thick, call it a stew, and serve it on top of mashed potatoes. Sometimes I flavor it with lemon zest, lemon juice, and an obscene amount of black pepper. Sometimes I use cumin and ancho powder. Soup is forgiving. Putting it in a slow cooker makes it even more forgiving. Even the timing can go over/under to some extent.

On the herbs: yes, you can choose whatever flavors you want. A very good combination is essentially Italian seasoning, but not a premade one as I tend to like more rosemary than commercial blends contain. My absolute favorite is an herb blend that my Mimi makes. Frankly, I'm not sure what's in it. The only two ingredients I know for sure are marjoram (from

her garden) and dried garlic. I never have been able to bring myself to ask her. Even if I tried to recreate it myself, it wouldn't be right. So, when I visit, she gives me jars of it and I am thankful. I do like my soup very herbaceous, so cut down the amounts if you like a milder soup. As always, it's better to under salt than over salt. You can add more later, but you can't take away.

Alright, instruction time. It's super complicated. You ready? Put everything in the slow cooker. Cover with about 2 quarts of water. Cook on low for 6-8 hours. When the chicken is cooked, you're going to take it out, pull the meat off the bones (let it cool so you don't burn yourself), shred the meat, and put it back in the pot. Then eat it.

That's it.

Enjoy!