

Cold, rainy dreary day! Good time to pull out an array of leftovers and home-made chicken stock from the freezer. Dumped it all in a big soup pot, added a bay leaf and set to simmer for hours.

Simmer on low uncovered for 1-2 hrs. By leaving it uncovered you allow the steam to evaporate and all the flavors to meld. Since the chicken (from which I made the stock) had been roasted with Rosemary, Sage & Thyme the stock was well seasoned. NO additional salt or seasonings were needed.

Once the liquid had reduced by half I added:

- 1 quart water

I allowed the soup to continue simmer on low uncovered another 1 hr. It was PERFECT. Warm, wonderfully delicious and highly nutritious.

## Odds & Ends Soup

### From my freezer:

- 3 C homemade Chicken stock (recipe on page 16 in **Cooking with Judy**)
- 2 C cooked and diced Butternut Squash
- 3 T diced mixed colored bell peppers
- 2 T diced hatch peppers
- 1 1/2 C raw leeks
- 3 C cooked Bok Choy

Plus:

- 1 dried bay leaf

Obviously anything YOU like from your freezer will work.

**To Serve:** Now that the soup was perfect I turned off the heat and covered it. This kept the soup warm for another hour. Since I had cold grilled chicken in the fridge I tore it into small pieces in the bottom of a soup bowl. I also noticed I had a couple of spears of fresh steamed asparagus in the fridge so I cut them up and placed them on top of the cold chicken. Ladled hot soup over the top and garnished with FRESH basil and flat leaf parsley. Both of which I always have on my counter. This soup, or any concoction from your freezer, can be enhanced with cold beef, or pork. Or add grilled sausage or diced Canadian bacon. Perfect Bacon, on page 12 in **Cooking with Judy**) is always good. Warmed up a slice of Pizza Bread, also on page 18.



## Spice up your Life:

Pinecones are ideal when combined with other festive fragrances. Easy to find around the holidays and maybe even your own yard. Try placing a handful of cones, such as ponderosa or white



white pine

pine, in a bowl, and then combine them with whole cloves, allspice, cinnamon sticks, star anise, and several whole nutmegs. All of the whole fresh spices can be found in the bulk

section at Natural Grocers. Be sure to place the mixture in a spot where passers-by will be able to enjoy the aroma. Placing it in a sunny spot will also enhance the aroma.



ponderosa pine