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Chicken Stock

4 legs and 4 chicken thighs, rinsed
1 large yellow onion, quartered
1 large carrot, peeled and halved
6 garlic cloves, smashed
1/4 green bell pepper, seeded
3 scallions, trimmed
2 celery stalks with leaves (optional)
½ bunch parsley
6 thyme sprigs
2 bay leaves
10 cups water
Salt & Pepper

- Tie the parsley and thyme with some kitchen twine.
- Place all of the ingredients into a large pot. Cover with water. Season with salt & pepper.
- Bring pot to a boil. Reduce heat and simmer for 1 to 1 ½ hours, skimming fat and foam in the process.
- Cool down and remove all herbs and vegetables.
- Portion and freeze for future use in soups, casseroles, rice, mashed potatoes, etc.