

Buffalo Chicken Bombs: The Perfect Bite-Sized Holiday Treat

If you're looking for a comforting and nourishing dish that maximizes the benefits of pastured chicken, this NutraFarms Bone Broth Chicken Noodle Soup is the perfect choice. By using the bones from your pastured chicken, you're not just making soup—you're creating a nutrient-rich, collagen-packed broth that's good for your body and soul. This recipe is part of our 20 Meals, 1 Pastured Chicken series, showing you how to stretch one chicken into multiple delicious meals.

Ingredients

- Bones from a pastured chicken (approx. 1 chicken)
- 10 cups water (or adjust as needed)
- 3 carrots, peeled and chopped
- 3 celery stalks, chopped
- 1 large onion, chopped
- 6 oz cooked pastured chicken (shredded or diced)
- Salt and pepper, to taste
- 2 cups cooked pasta (your favourite type)
- Fresh parsley (optional, for garnish)



Instructions:

1. **Prepare the Broth:** Start by placing the bones from your pastured chicken into a large pot with 10 cups of water. Bring the water to a boil, then reduce to a simmer. Let it cook for about 45 minutes, allowing the bones to release their nutrients and create a rich, collagen-infused broth. This is the foundation of your soup, full of flavour and goodness.
2. **Strain and Skim:** Once the broth has simmered, carefully remove the bones and skim off any excess fat or impurities floating on top. For a smoother base, strain the broth through a fine sieve to catch any small pieces of bone or vegetables.
3. **Add Vegetables:** Return the strained broth to medium heat, then add the chopped carrots, celery, and onion. These classic vegetables not only enhance the flavour but also add important vitamins and minerals. Let the soup simmer for another 20 minutes, or until the vegetables are tender.
4. **Season and Add Chicken:** Stir in 6 oz of shredded or diced cooked pastured chicken. The small amount of chicken

pairs perfectly with the rich broth, creating a light but satisfying soup. Season with salt and pepper to taste.

5. **Finish with Pasta:** Gently stir in 2 cups of cooked pasta. Let the soup simmer for an additional 2-3 minutes, allowing the pasta to absorb the broth's deep flavours without becoming too soft.
6. **Serve:** Ladle the soup into bowls and garnish with fresh parsley for an extra pop of freshness. Enjoy the comforting warmth of the broth, the tender vegetables, and the perfectly cooked chicken and pasta.



Why Pastured Chicken Makes a Difference

Pastured chicken provides more than just flavour—it's a healthier, more sustainable choice. Raised on open pastures, these chickens offer higher levels of omega-3 fatty acids, vitamins, and minerals, making each bite more nutritious. By using the bones to create this rich broth, you're getting even more out of your pastured chicken, making it a perfect addition to your meal plan.



Conclusion:

Nutrafarms Bone Broth Chicken Noodle Soup is a wonderful way to enjoy the full benefits of pastured chicken. Whether you're serving it as a light dinner or using it to warm up on a cold day, this soup combines deep, comforting flavours with the nutritional power of pastured chicken. And don't forget, it's just one of the many ways you can turn a single chicken into multiple meals—find out how we made 24 meals from just one pastured chicken [here](#).