

# Regenerative Landscaping

## How to Stretch a Pasture Raised Chicken (Serves 6)

When you buy your chicken, it is important to also get the neck and the feet.

**Meal 1:** De-breast chicken and use white meat in a meal such as chicken fried rice, pictured below.



**Meal 2:** Cut off thighs and legs and use dark meat in a meal, such as chicken salad, chicken burritos, or chicken pot pie.



**Meal 3:** Make chicken stock/broth from the remaining parts (body, neck, and peeled feet). If boiled down long enough, this should produce 14-15 cups of chicken stock/broth.



The leftover meat from the body and neck can be combined with the meat to make chicken noodle soup or for another meal

**Meal 4:** Use the remainder of the chicken stock/broth as the base for any other meal, such as Potato soup or in a pasta dish that cooks the pasta in the broth. You can also drink the broth straight.