

**Hydrogen's Gourmet Chicken Stew**  
for use with Alnutrin with Calcium supplement @  
[KnowWhatYouFeed.com](http://KnowWhatYouFeed.com)

Use the following ingredients or percentages with the [Alnutrin Nutrient Calculator](#). This recipe diverges slightly from the calculated nutritional values as fish oil is added. The weight of the chicken will reduce (up to 30%) after cooking - start with about 2.75 pounds raw chicken. Do not use "enhanced" (injected with water, salt, sugar & others) chicken – read labels carefully. This is the largest batch size a normal capacity (11 cup) food processor will handle.

**INGREDIENTS:**

- 359 grams (≈1.5 cups) water (26%)
- 907 grams (2 lb) cooked boneless skinless chicken breast (65.7%)
- 83 grams cooked chicken liver (6%)
- 28 grams cooked broccoli (2%)
- 4.1 grams gelatin (0.3%)
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- + 13.8 grams [Alnutrin with Calcium](#) supplement (1.0%)
- + 1200-1500 mg unflavored fish or salmon oil

**INSTRUCTIONS:**

- 1) Cut boneless, skinless raw chicken breasts into strips and place into a small pot with raw chicken liver and enough water to cover chicken in pot.
- 2) Simmer covered on **low** until chicken is at least 165° F or above – about 30 minutes. Gently stir occasionally while cooking.
- 3) In a separate pot boil broccoli until tender (about 15-20 min), strain and discard the water and let cool while covered.
- 4) Cool down chicken & broth until 80° F or below by (creating a "double cooler") placing hot pot in a larger pot or bowl filled with cool water (and perhaps ice) in your sink. If not using ice, let a very low flow of cool water flow into and over the larger container. Place objects in bottom of large bowl to prevent cooking pot from sinking. Keep lid on cooking pot while cooling, stirring occasionally – about 30-45 minutes.
- 5) Weigh all ingredients to conform to recipe ratios. The chicken will loose weight after cooking. If needed, re-enter the amount of chicken breast into the [calculator](#) with the above percentages to determine final ingredient amounts.
- 6) Create gelatin & water mix by reserving ¼ of cool water in the recipe in a small bowl. Combine this smaller portion of cool water with gelatin and let sit for 1 minute while you bring other ¾ of water from recipe to a boil. Remove larger portion of water from heat and combine with smaller portion of water and gelatin and mix/stir off-heat until dissolved. Cover and cool until 60-80° F.
- 7) Place chicken and broccoli in a food processor and purée very well. Add water & gelatin mix. Add Alnutrin with Calcium supplement and fish oil. Process well.
- 8) Divide into storage containers and refrigerate for at least 3 hours to allow gelatin to set and/or freeze unused portion.

Total time ≈ 2 hours.