



# CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

**Roast Chicken**  
Foundational Protein & Broth Base

[www.consciousrewire.com](http://www.consciousrewire.com)

# Roast Chicken

## Foundational Protein & Broth Base

### What This Supports

Supports protein intake, recovery, and meal prep.

### Why It Works

Whole chicken provides complete protein while aromatics enhance flavor and mineral-rich cooking juices.

### Ingredients

Roast Chicken

Ingredients:

whole chicken

-2 sprigs rosemary

bunch onion greens

cloves garlic

Thai red chilies

Serrano pepper

-2 chunks tumeric root

stalk lemongrass

Salt

Peppercorns

Bay leaf

### Directions

Roast Chicken

. Preheat oven to 350.

. Place all ingredients in oven safe pot. Add an inch of water to the bottom.

To make broth: Place juice, aromatics, and bones in a slow cooker and fill with water. Set on low and simmer for 12-36 hours.

### Best Use

Ideal as a base meal with leftovers for broth.

### Food Notes & Safety

Ensure chicken is fully cooked before serving.

### Storage & Reheating

Refrigerate meat up to three days; freeze broth.