

## Gluten Free, Keto Friendly, Low Carb, easy chicken bouillon

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If you **make your own chicken broth**, or if you **buy chicken broth**, here is a very easy way for you to take chicken broth / stock and make chicken bouillon out of it.

It is a very easy process to do. Basically just take about 6 cups of chicken broth / stock and put it into a **large pan** and cook on medium high until it starts to boil, then turn down the heat.



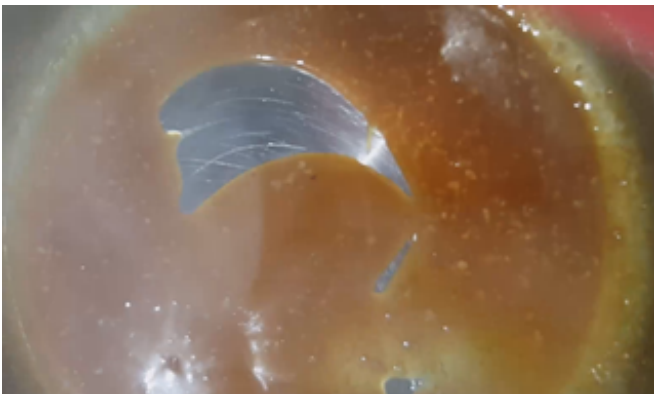
Let it simmer for a few hours, stirring it every once in a while until it reduces to a syrup like consistency.



You will know when it gets to a syrup like consistency when you can take a **rubber spatula** and run a line in it and it does what the above picture shows.

At this point you want to watch it so that it does not burn.

Cook it down for a bit longer until it becomes almost like a thick syrup like



Now you can take it off the heat and I will usually put this into **ice cube trays**. From there you can freeze them and once they are solid enough to work with , bag and seal them.

Note that if you make your own, they more than likely will never actually become 100% frozen. They will be firm, but because of the fat in them they will not freeze all the way.

Ingredients:

- 6 or more cups of home made **chicken broth**, or you can **buy chicken broth**

Directions :

1. In a large **large pan**, add the home made **chicken broth** or store bought **chicken broth**
2. Turn the heat up to a medium high.
3. When the chicken broth starts to boil, turn the heat down and using a **rubber spatula** stir every once in a while.

4. When the chicken broth turns into a syrup like consistency, turn the heat down a bit more and stir a bit more frequently.
5. When the chicken broth becomes a heavy like syrup, remove from heat and either add to **ice cube trays**
6. Once they have been in the freezer long enough, you can remove them and bag them and seal them.

Watch this video on Dailymotion - <http://dai.ly/x6hz31f>

Watch this video on DTube - <https://d.tube/v/jmrados/1qq5yzz8>

Watch this video on YouTube - <https://youtu.be/yHL07NBTN7A>