When someone asks me for cooking advice, I usually tell them, "invest in stock." Not the

financial kind, the chicken, beef and vegetable kind. I also know most people don't have time

to make their own. So I figured why not help

these folks out by making the same kind of

home made stocks I use in my restaurants.

They're slowly simmered with only the best

right in your home.

ingredients. If it's not found in nature, you won't find it in here. Then we pack it up. And BAM! You've got my home-style stock, ready to use

Try my chicken stock. There are so many great

ingredient in chicken soup, but kick it up with

some soy sauce, spices and egg and you've got

braising liquid, or on its own for making rice or

risotto. The possibilities are

imagination. And I bet my

chicken stock will offer

limited only by your

plenty of inspiration.

ways to use it. Of course, it's the basic

classic Chinese Equ Drop Soup. Use it as

BEST BEFORE

IDEAS

Use Emeril's Stock instead of water when simmering vegetables, rice and potatoes.

For more great recipes visit emerils.com

EMERIL'S CHICKEN SOUP

Heat oil in large, heavy pot over medhigh heat. Add onion, celery, carrots, Emeril's Essence and cook, stirring, over med-high heat 'til vegetables are soft, about 5 minutes. Add garlic and cook for 2 minutes

Add stock, water, pepper, and bay leaf. Stir well and bring to a boil. Reduce heat to med-low and simmer, uncovered, for 35 minutes

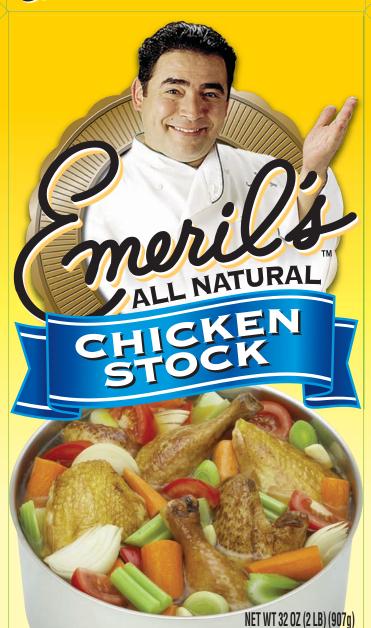
Add orzo and stir well. Simmer 'til pasta is cooked through.

Remove the pot from the heat. Ladle into bowls and serve.

Yield: 10 cups, serving 8 to 12



Great Recipes Start Here!





READY TO USE.

Nutrition Facts

Serving Size 1 cup (240mL) Servings Per Container about 4

ocivings i ci oontailici ab	out 4
Amount per serving	
Calories 10	Calories from fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 570mg	24%
Total Carbohydrate 1g	0%
Dietary Fiber Og	0%
Sugars Og	
Protein 2g	
Vitamin A 0% •	Vitamin C 0%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on

Iron 0%

Calcium 0%

your calorie needs:	Calories:	2,000	2,500	ı
Total Fat	Less than	65g	80g	ı
Sat Fat	Less than	20g	25g	ı
Cholesterol	Less than	300mg	300mg	ı
Sodium	Less than	2,400mg	2,400mg	ı
Total Carbohydrate	Less than	300g	375g	ı
Dietary Fiber	Less than	25g	30g	ı

INGREDIENTS: CHICKEN STOCK, SEA SALT, CHICKEN FAT, NATURAL FLAVORS, MODIFIED CORN STARCH, (PROCESSING AID), GARLIC POWDER, COOKED CHICKEN, SPICES, VEGETABLE STOCK (CARROT, CELERY, ONION, LEEK, RED BELL PEPPER, TOMATO, PARSLEY, AND GARLIC).

© 2005 B&G Foods, Distributor, Roseland, NJ 07068 USA Emeril's™ licensed by Emeril's Food of Love Productions

FOR RE-CAP CARTONS ONLY



RECIPE



- 2 tbsp. vegetable oil
- 2 cups chopped onion
- 11/2 cup chopped celery
- 11/2 cup sliced carrots
- 2 tsp. Emeril's Original Essence
- 2 tsp. minced garlic
- 2 guarts Emeril's Chicken Stock
- 2 cups water
- 1/4 tsp. black pepper
- 1 bay leaf
- 1 cup small pasta

Refrigerate after opening and after each use.

Use within 14 days after opening. Do not microwave in carton.

Store unopened carton at room temperature.





