



Healthy
Eating

Recipe of the week

Chicken & Veg Soup

Ingredients

- Chicken carcass from a whole cooked chicken.
- Leftover chicken meat.
- 1 diced onion.
- 1 diced stick of celery.
- 1 diced leek.
- 2 diced carrots
- 1 heaped tbsp. plain flour.
- 1 tin of sweetcorn.
- 1 tsp. oregano and parsley.
- Salt and pepper.

Step 1

Remove left over chicken from carcass and set aside. Boil the carcass in water for 1.5-2 hours. Add the onion, carrots, leek and celery. In a frying pan cook for 5 minutes in 1 tbsp. olive oil.

Add 1 tsp of black pepper, oregano, parsley. Add 1 heaped tbsp. of plain flour and mix well

Step 2

Sieve out the chicken stock from carcass and add to the vegetables in the pan with the stock. Simmer until the carrots are soft.

Step 3

Blend the soup (optional) add the sweetcorn and the saved cooked chicken to the pan, return to the heat then simmer for 15 minutes.