



CHICKEN & VEGGIE SOUP

PREPARATION TIME: 30 minutes

COOKING TIME: 1 ½ hours

SERVINGS: 6

INGREDIENTS

2 tablespoons of olive oil

1 onion finely chopped

2 garlic cloves, crushed

1 carrot, peeled and diced

2 sticks of celery, diced

1 cup of beans, ends trimmed

1 sweet potato, peeled and diced

1 cup of dry soup mix

4-6 cups of chicken stock

2-3 skinless chicken thighs



METHOD

1. Heat the oil in a large saucepan. Add onion and garlic and cook for a couple of minutes or until soft.
2. Add the vegies and cook for a couple of minutes.
3. Add in the soup mix, stock and chicken with a cup of cold water and bring it to the boil.
4. Reduce the heat to low and simmer covered. Stir occasionally.
5. Cook for about 1 hour or until the vegies and soup mix are soft.
6. Remove the chicken from the pan and shred.
7. Return chicken to the saucepan and season with salt and pepper.

ADAPTED FROM

<http://www.taste.com.au/recipes/705/hearty+chicken+and+vegetable+soup>

NOTES

You can add any vegies you like.

You can try adding only 4 cups of stock and the rest water; you will still get lots of flavor.

