

# Chicken and Vegetable Soup

Serves 8



Soups can be healthy, satisfying, comforting and go a long way for very little money. People love a good soup served with some nice fresh bread!

The great thing about soups is you capture all the goodness of the vegetables and don't need to be made with any fat to taste great. Remember also, soups freeze well, so like this recipe, make more than enough and freeze the leftovers for a healthy meal another day.

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## Ingredients

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- 1 ½ cups dried pea & barley soup mix
- 1 whole chicken
- 1 litre cold water
- 2 onions diced
- 1 carrot grated
- 1 kumara grated
- 1 parsnip grated
- 2 cups pumpkin grated
- 1 cup potato grated
- 1 cup frozen sweet corn
- Small bunch of fresh parsley chopped
- 1/2 cup cream or milk
- Salt & pepper (to taste)

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## Method

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1. Soak the soup mix in cold water to soften for 1 hour
2. Place the chicken in a large pot and cover with water, bring to the boil and poach the chicken for 45 minutes
3. During this time, remove all foam and fat from the top of the water with a ladle to keep the chicken broth pure
4. When the chicken is cooked (approx. 45 minutes) remove carefully with tongs from the broth and place on a tray to cool – keep the broth simmering on the stove
5. Rinse and drain the soup mix and add to the simmering broth
6. Once the chicken has cooled, remove all chicken meat from the bones and dice into small pieces and refrigerate
7. Add all the vegetables to the broth, stir well, bring back to the boil
8. When boiling, remove all foam and fat from the top and simmer on a low heat for 1 hour, stirring every 15 minutes

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9. Once the soup mix and vegetables are soft and cooked through, add salt and pepper to taste
  10. Just before serving the soup, add the chicken from the fridge as well as the parsley and boil again for 1 minute
  11. Finish by adding a swirl of cream (or milk for a healthier option), then serve.