

Recipe

Chicken and Vegetable Soup

Ingredients

- 1 tbsp. vegetable oil
- 100g chicken
- 1 small onion chopped
- 1 carrot chopped
- 1 tbsp. mixed herbs
- 125g swede
- 1tbsp garlic puree
- 200g chopped tomatoes
- 1 tbsp. tomato puree
- 50g frozen peas
- 500ml reduced salt vegetable stock
- 1 pinch ground black pepper



Step 1

Heat the oil in a large saucepan. Gently fry the chicken until cooked through, then onion and garlic for 2-3 minutes. Add the carrots and swede and cook for another 2 minutes.

Step 2

Add the tomatoes, stock, tomato puree and frozen peas. Bring to the boil and add the herbs and pepper. Lower the heat and simmer for 20 minutes.

Top Tip: Chill any soup that you do not need to keep in the fridge for up to 3 days or freeze for up to 3 months. Use 400g pasta [Sieved tomatoes] instead of tinned chopped tomatoes.