

## Soups are a healthy option all year round

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

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

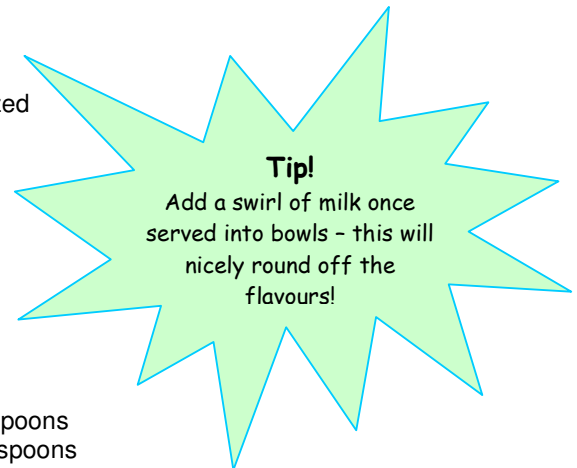


## Chicken and vegetable soup

(Makes two servings for a family of four)

### Ingredients

Chicken pieces	3 medium sized
– such as thighs, legs or breasts	
Water	8 cups
Onion	1
Kumara - peeled & diced 1 inch cubes	1 small
Pumpkin - peeled & diced 1 inch cubes	1 cup
Celery (optional) - diced 1 inch cubes	½ cup
Peas	½ cup
Frozen corn	½ cup
Carrot - grated	1 medium
Soup mix - washed and rinsed	1 cup
Chicken stock powder	2 level tablespoons
Cumin powder (optional)	1 ½ level teaspoons
Garam masala (optional)	1 level teaspoons
Parsley - chopped	3 tablespoons



### Method

1. Remove all fat and skin from chicken pieces (wash chopping board thoroughly after preparing raw chicken)
2. In large pot bring 8 cups of water to the boil and add the chicken to poach
3. Turn down to simmer on a low heat for about 15 minutes
4. During the 15 minutes remove all the foam and fat from the top of the water with a ladle, to keep the broth pure
5. When the chicken is just cooked remove from water and place on a tray to cool
6. Once cooled, remove all chicken meat off the bones and dice into small pieces, then place in the fridge
7. Add all the vegetables, soup mix, stock powder, cumin powder and garam masala to the chicken stock and stir through, then bring back to the boil
8. When the broth boils, stir again and simmer on a low heat for 1 hour stirring every 15 minutes
9. Just before serving the soup add the chicken and parsley and boil again for 1 minute, then serve

### Tip for vegetarians!

This soup can be made without the chicken, using a vegetable stock.