

Delicious chicken soup, the answer to all ills!

This recipe is broken down into two parts! The first is the making of the basic stock/soup. The second is the additional ingredients that you can add into the soup depending on what you have in the fridge and what you fancy.

Basic soup ingredients

1 x chicken (organic/free range)
1 x carrot
1 x onion
1 x stalk of celery
Water (enough to cover chicken)
For added flavouring Marigold Swiss vegetable bouillon and/or Marigold liquid aminos
Olive oil
Salt / pepper

Roast the chicken as you would normally do for a roast dinner, I usually just cover in a bit of olive oil and salt/pepper. Once it is roasted you can take off the breast meat if you like and make it into a stir fry with other vegetables, or you can keep and add it back into the soup.

Put the rest of the chicken into a large saucepan / pot and fill with water so that the chicken is covered. Add the carrot/onion/celery and a bit of added flavouring. Boil for about 30 minutes.

Allow to cool, then separate the chicken from the stock and throw away the vegetables that were used when boiling. Pick all the nice bits of chicken meat and put it back into the stock. You can then divide the stock/chicken up into portions enough for one meal at a time. I usually freeze it in plastic soup cartons. This is nice and convenient to de-frost and throw in some vegetables each time.

Ingredients That Can Be Added To The Basic Soup

A cup full of barley (pre cooked)
Noodles
Cooked rice
Shitake mushrooms (chopped)
Any green vegetable e.g. broccoli, kale, cavolo nero, cabbage
Ginger
Carrots
Leeks/onions/spring onions
Goji berries
Sweetcorn
Definitely peas
Sesame seeds

De-frost the basic soup and add some of the above ingredients (definitely green vegetables)/ (Ginger if you are feeling a bit cold). Sprinkle sesame seeds over the top of the soup as you are serving.

Once you have made the stock it is really quick and convenient to make into wholesome mid week dinner.