

# Chicken & Vegetable Soup

RECIPE BY Rose Street Pantry

PREP 15 MIN

COOK 70 MINS

SERVES 5

LEVEL CAPABLE

## INGREDIENTS

- Olive Oil and Butter
- 1 Large Leek, halved, washed and sliced
- Salt and Pepper
- 1 Large Carrot, diced
- 500g Skinless Chicken
- 1 tablespoon of Chicken bone broth powder
- Bunch of Parsley
- 1/2 Large Sweet Potato
- 2 Litres of Water
- 1 tablespoon of Vegetable powder
- **OPTIONAL:**  
2 sticks celery, diced + 2 small zucchini, diced or other seasonal vegetables

## METHOD

**STEP 1** Fry the leek in olive oil and butter for quite a while. Sweat with the lid on. Add salt. Make sure it's well cooked before adding anything else.

**STEP 2** Chop a bunch of parsley and add the stalks and half the leaves to the leek (or onion if you don't have leek; red onion, Cipollini or shallots work quite well but you can use brown onion too). Sweat for approximately 10 minutes.

**STEP 3** Add chopped, raw chicken (if you have left over cooked chicken you can use that also) and sweat it for 5-10 minutes.

**STEP 4** Add chopped carrot and finely grated sweet potato and sweat for 5 minutes.

**STEP 5** Add water and stock powder. Alter stock until you get the flavor as you like it.

**STEP 6** Once your chicken and sweet potato are cooked then turn off the heat and add the remaining chopped parsley. Also add any other greens if you want like broccoli, spinach etc.

**STEP 7** Season to taste with salt, pepper and/or more stock powder.

**TIP** Once you get this down pat you can do it as a vegetable soup or a lentil and vegetable soup or as a chicken noodle soup. And just fill it full of in-season veggies. Finely grated good quality Italian Parmesan also goes well on top.