

# HEALTHY SOUPS

## Chicken Noodle Soup

### Ingredients

1 Brown onion  
2 clove garlic  
1 litre Magic Stock  
200 gm Chicken breast fillet  
1 400 gm can creamed corn  
1 Packet 2 Minute Noodle  
2 T Soy Sauce  
1 T Corn Flour  
2 eggs (if you like)  
Chives/ Spring onion



Poach chicken breast in vegetable/ chicken stock. Dice, brown onion, sweat for a minute, add chopped garlic. Add creamed corn/ corn kernels. Add chicken stock, bring to gentle boil, add broken up 2 minute noodles, add shredded chicken, and corn flour (mixed with a little water). Add whisked eggs, cook for a minute, season with soy sauce and pepper, add chives.

## Roast Vegetable Soup



### Ingredients

Sunday's left-over vegetables (about 1 kg of roast vegetables, the more roasted the better).  
1 Brown onion  
4 cloves garlic  
1 litre (or more) magic stock  
Chopped parsley.

Cook onion and garlic, add roast vegetables, cover in magic stock. Allow to simmer for 5 minutes, add any cooked green vegetables you have in the fridge, or frozen peas and what not. Blend, with a stick blender. Strain if you can. Check seasoning, crusty bread, a little cream if you have to but nit necessary.

## Fish Chowder

### Ingredients

1 Brown onion  
4 cloves garlic  
1 Kg potatoes  
1 litre magic stock  
500 gm cooked fish  
Chopped parsley



Cook off onion and garlic, add potatoes, add magic stock to cover, cook potatoes until tender. Cook fish, leave as a fillet, and break up for soup. When the potatoes are tender, blend. Adjust with a little more stock if required, if the soup is too thin, add a little corn flour but this should not be necessary. Add a little black pepper, be careful of salt. Add chunks of fish and chopped parsley, only heat to serve, do not put back on the boil. Add cream if you must but not necessary.