

## Soup recipes:

**Chunky chicken soup - makes 3-4 servings. Adapted from Angelique Panagos The Hormone Balance. Can be frozen.**

1 1/2 tablespoon olive oil  
 3 garlic cloves  
 1 onion finely sliced  
 5—600g left over cooked/roasted chicken  
 4 carrots roughly chopped  
 1 leek finely sliced  
 3 sticks celery roughly chopped  
 1/2 butternut squash deseeded, peeled and diced  
 2 courgettes roughly chopped  
 200ml fresh chicken stock  
 1 teaspoon sea salt  
 black pepper to taste  
 3/4 teaspoon dried thyme  
 3/4 teaspoon of finely chopped rosemary or dried rosemary  
 1 bay leaf

- Heat the oil slightly in large soup pot and brown the garlic and onion
- Add the remaining ingredients then pour in 1 litre of water making sure everything is covered. Bring to the boil over a high heat
- Skim off any foam that rises to the top then turn the heat to low and simmer for 30-40 mins or until the vegetables are tender. Add more water as needed
- Once the soup is ready, dish up a hearty bowl and serve with a dash on the side if needed.\

### **Beany vegetable soup - Serves 6**

2 onions, chopped  
 3 celery sticks, finely chopped  
 3 leeks, sliced  
 450g mixed root vegetables, such as carrot, swede, parsnip, peeled and chopped into bite sized chunks  
 850ml of fresh vegetable stock  
 2x400g cans of mixed pulses, drained and rinsed  
 2 tbsps of fresh parsley chopped  
 salt and pepper to taste

- Put the onion, celery, leeks roots vegetables, stock and seasoning in a large pan and stir. Cover and bring to the boil. Reduce the heat and simmer for 20 minutes
- Stir in the mixed pulses, then cover and simmer for 5-10 minutes, or until the vegetables and beans are tender
- Add the parsley, then check the seasoning before serving