

# INEKE'S QUICK CHICKEN SOUP



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1 chicken cut into peaces

3 large carrots, sliced

1 garlic clove

1 teaspoon ginger

1 large onion, sliced

1/3 of a celery bush, sliced

About 2 litre of water with 2 stock cubes or 2 litre of stock

Saute carrots, garlic, ginger, onion and celery in a bit of oil or butter.

Ad chicken and brown a bit.

Add vegetables like broccoli if you like it or other vegetables.

Pour over the water or stock and cook until chicken is tender or falling of the bones.

Debone chicken and add back to soup.

Add salt to taste and if desired more stock, depending on how thick you like your soup.

Add some chilli if you like some heat.

Cream or coconut cream can be added.

You can also add noodles. Cook for 10 min on high serve hot.

Note: Soup was made in a steam pot.

Recipe: Ineke Steyn