



CHICKEN AND VEGETABLE SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 30-40 mins

Serves: 4-6

INGREDIENTS

- 2 tbsp olive oil
- 3 tsp crushed garlic
- 1 onion, thinly sliced
- 3 stalks celery, thinly sliced
- 3 large carrots, sliced
- 2 large zucchini, sliced 1cm
- 500mls vegetable stock
- 1 chicken stock cube
- 1 can (400g) coconut milk
- 1 tsp dried thyme
- 1 tsp pink rock salt
- 1/4 tsp black pepper
- 1/2 cooked chicken, meat shredded

METHOD

- Heat the oil in a large saucepan to medium high.
- Add garlic, stir for 2 minutes, then saute the onion for 3-5 minutes.
- Add the celery, carrots and zucchini and cook 3-5 minutes stirring.
- Add vegetable stock, stock cube, coconut milk, thyme, salt and pepper.
- Bring to the boil, and simmer for 20-30 minutes, until carrots are cooked.
- Roughly blend the vegetables, I like some chunky in there, and add chicken.
- Simmer for another 5 minutes, and serve hot for a cosy meal.

