



Chicken and veggie soup

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 serves

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 clove garlic, crushed
- 2 sticks celery, diced
- 2 carrots, peeled and diced
- 2 zucchini, diced
- 1½ cups dry soup mix (a mix of peas, barley and lentils), rinsed
- 2L chicken stock (salt-reduced)
- 600g skinless chicken breast, chopped into bite sized pieces
- 2 cups water

Method:

1. Heat the oil in a large soup saucepan on a medium heat. Add onion and garlic and cook until soft.
2. Add the veggies and stir through.
3. Add the soup mix, stock, chicken and water and bring to the boil, skimming off any foam that rises to the surface.
4. Reduce heat to low and cook for 1 hour, stirring occasionally.
5. Season with pepper and serve.

Recipe tested by AM October 2016

Nutrition information:

Chicken and veggie soup	Per serve (300g)	Per 100g
Energy (kJ)	848	283
Protein (g)	17.9	6.0
Fat – total (g)	5.0	1.6
Fat – saturated (g)	0.9	0.3
Carbohydrates – total (g)	18.7	6.2
Carbohydrates – sugar (g)	4.8	1.6
Sodium (mg)	464	154