FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chunky Chicken and veg soup



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**169 kcal**

Stuff that's in it:

• 1 Tsp Oil

• 400G Maris Piper Potato (Roughly Finely Chopped)

• 1 Celery Stick (Sliced)

• 2 Carrots ((170G) Sliced)

• 1 Large Brown Onion (Sliced)

• 1 Tsp Garlic Powder

• 1 Ltr Chicken Stock

• 100G Courgette (Sliced)

• Handful Fresh Parsley (Chopped)

• 150G Left Over Chicken Breast (Torn)

What you do:

In a large heavy pan, squirt a little oil and heat, then add your celery, onion and carrot. Gently sweat for a few minutes until soft, add the garlic powder amd mix. Drop in your sliced potato and courgette, add your stock, add the parsley and bring to the boil and simmer for around 25 minutes until the potatoes are soft.

Allow to cool slightly and partially blitz so there's a few lumps , chop up your left over chicken and add.

Nutrition

• Carbs: 26g

• Fat: 2g

• Protein: 13g

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