

Mrs. H's CHICKEN SOUP

A great post roast chicken dinner option don't throw out the left over carcass, rather use it to add a depth of flavour to your chicken soup. Place a meaty chicken carcass plus bones and skin into a large stock pot on the stove.

Add: 1 large onion, chopped

3 fat leeks, white stalk only, peeled & chopped

3 good sized carrots, peeled & chopped

3 medium sized turnips, peeled & chopped

3 good sized pieces butternut, peeled & chopped

3 big stalks celery, sliced & chopped

3 big ripe tomatoes, peeled & chopped

3 tablespoons rice & 3 tablespoons red lentils

3 chicken stock cubes, dissolved in 1 liter of hot water.

Salt and pepper to taste

Stir all together then bring to boil.

Lower the heat to a moderate simmer, stir well to prevent anything sticking on the bottom and continue cooking until vegetables are tender.

Check seasoning.

Add tomato puree, tomato paste or even Italian tinned tomatoes to ensure a good rich flavour.

Carefully discard every part of the carcass, especially small bones.

Refrigerate.

