



GINA'S CHICKEN AND SWEETCORN SOUP/BROTH

INGREDIENTS

Leftover chicken
carcass (maybe from a
roast the day before)

Sweetcorn

Onion/Leeks or both!

2 Chicken stock cubes

Broth Mix

DIRECTIONS

1. Soak a broth mix overnight
2. Boil the chicken carcass up with an onion or leeks, add some salt and pepper and a couple of chicken stock cubes. When you've got the best out of the bones take them out, strip off any chicken meat & add a good portion of Broth mix and give it a good boil until the lentils are soft. This works well if you use a pressure cooker.
3. When it's all tender add in the sweetcorn and cook for a few minutes to heat it all through.

NOTES

It's a soup base that you can throw in anything you wish, recently we added our leftover cauliflower leaves and stalks. I always add a couple of Beef OXO cubes for a bit of colour and added flavour.