

Chicken and Corn Soup

INGREDIENTS (Serves 4-6):

1 Litre chicken stock
1 carrot, diced
1 onion, diced
1/2 celery stalk, diced
2 teaspoons crushed garlic
1 can creamed corn
1 chicken fillet
100g green beans (fresh or frozen)
1 cup angel hair pasta

EQUIPMENT:

large saucepan wooden spoon
measuring cups and spoons
sharp knives cutting boards

Put everything you need out on the bench or table.

Chop carrot, onion and celery. Place in large saucepan with the garlic and chicken stock. Using medium heat, heat until liquid boils.

Turn heat to low and simmer for 20 minutes. Slice the chicken finely and add to the saucepan along with the creamed corn, beans and pasta.
(Add more water if necessary.)

Turn heat up to medium, bring to the boil. Cook until pasta is soft.

© Cathryn Williamson

Bacon, Pea and Risoni Soup

INGREDIENTS (serves 4):

1 large onion, diced
1 celery stalk, diced
4 rashers of bacon, chopped
2 tablespoons butter
2 litres chicken stock
1 cup frozen peas
250g risoni

EQUIPMENT:

medium saucepan
measuring cups and spoons
sharp knife cutting boards
wooden spoon

Put everything you need out on the bench or table.

Chop onion, celery and bacon. Melt butter in saucepan on medium heat. Add onion, celery and bacon. Cook for 5 minutes.

Add stock and peas. Bring to the boil. Put lid on saucepan, reduce heat and simmer for 5 minutes.

Remove lid. Increase heat and add pasta. Cook uncovered for 5 minutes or until pasta is soft.

Serve in a bowl with bread or toast.

© Cathryn Williamson