



Chicken Minestrone Soup (L)

Serving: 1

Non Veg

Ingredients

- -1 large Tomatoes
- -Chicken pieces (small) - 50 grams (palm size)
- -Olive oil - $\frac{1}{2}$ tsp
- -Garlic, chopped - 1 tsp
- -Carrot, cut into small pieces - 1 tbsp
- -French beans - 1 tbsp
- -Whole wheat macaroni - 1 tbsp
- -Chicken stock / Plain water - 1 cup
- -Salt - to taste
- -Pepper corns, crushed - $\frac{1}{4}$ th tsp
- -Fresh basil leaves - 1 tbsp chopped

Preparation Method

- -Cut off the base of the tomatoes and blanch them in plenty of hot water for 2-3 minutes and transfer them immediately to a bowl of cold water.
- -Peel and cut into cubes. Heat olive oil in a non stick pan. Add garlic, carrot, chicken, macaroni and $\frac{3}{4}$ cup water. Put tomatoes in a blender jar and blend into a puree.
- -Add this to the pan along with water. Mix and add salt and crushed peppercorns.
- -Stir again, cover and cook till it comes to a boil. Cook till penne and chicken are cooked.
- -Tear basil leaves and add. Mix well.