



Chicken drumstick and vegetable soup

A simple chicken and vegetable soup using chicken drumsticks. The recipe can easily be doubled or tripled to serve more people!



Time to prepare: 10 minutes



Time to cook: 20 minutes



Serves 2

Ingredients

- - 2 teaspoons oil
- - 4 chicken drumsticks
- - 1/2 onion, diced
- - 1 carrot, diced
- - 1 potato, peeled and diced

- - 1 clove garlic, crushed
- - 1/2 chicken stock cube
- - 2 cups water
- - 2 teaspoons vinegar
- - 1/2 cup frozen peas

Method

1. Heat oil in a large saucepan over a medium heat.
2. Add the drumsticks and brown all over.
3. Reduce the heat to low, then add onion and carrot, cook until softened.
4. Add the potatoes and garlic. Stir for 1-2 minutes.
5. Add the stock, water and vinegar. Simmer until chicken is falling off the bone and potatoes are soft. Remove the saucepan from heat.
6. Place drumsticks in a large bowl, take the meat off the bones, then return meat to the saucepan, discarding bones.
7. Add peas and bring to boil for 2 minutes.
8. Remove from heat and serve into bowls.

Notes

Serve with a wholemeal bread roll or toast.

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Carrot, chicken and corn soup

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