



Chicken and Vegetable Soup

INGREDIENTS

- 1 large red onion, finely diced
- 2 medium carrots, finely diced
- 1 cup finely diced celery
- 1 long red chilli, deseeded & finely diced
- 50g pancetta, finely diced
- 3-4 cloves of garlic, crushed
- 2 bay leaves
- 500g chicken lovey legs or thigh fillets roughly chopped
- 2 cups medium diced sweet potato
- 2 cups medium diced white potato
- 200g sliced button mushrooms
- 500g corn cobbettes
- 1/2 cup roughly chopped flat leaf parsley
- 5g thyme leaves
- 1 cup of brown rice
- 2L of chicken stock OR 2L water + 2 tablespoons of chicken stock powder
- 1 teaspoon coriander seeds
- 2 teaspoons fennel seeds
- 1 1/2 teaspoons dried tarragon leaves
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper

INSTRUCTIONS:

- In slow cooker, add 2 tablespoons of EVOO and place on low heat brown setting (if your slow cooker does not have sear/browning setting you can do this in a separate pan/pot or just choose not to brown however favour may be impacted) and sauté onion, carrot, celery and red chilli with lid on, stirring occasionally for 15minutes. The soffritto mix will heighten by doing this.
- Once translucent and soft, add the garlic and bay leaves and cook for a minute until fragrant. Turn heat up to medium high if possible and cook the chicken until sealed, about 3-5 minutes.
- Place potatoes, mushrooms, corn, parsley, thyme, brown rice, stock or water + stock powder, coriander seeds, fennel seeds, tarragon salt and pepper.
- Cook on low setting for 4-6 hours. Serve with some grated parmesan and garlic bread.

TIPS:

- You can replace chicken with slow cut beef such as gravy and cook on low for a longer length of time.
- Once soup cooled you can freeze batches for a later date.
- Stock powder and water is a great replacement for store bough stock.
- Other vegetables that can be added are: swede, zucchini, broccoli, cauliflower, cabbage.
Anything you like and have at hand that will work with these flavours.

