



The Gathered Green

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CHICKEN & VEGETABLE COMFORT SOUP

Thank you to goodfood.com.au for this recipe and picture

Serves 6 to 8

Ingredients

- 2 tablespoons coconut oil or good quality animal fat
- 1 onion, chopped
- 3 garlic cloves, finely chopped
- 2 medium carrots, chopped
- 1 celery stalk, halved lengthways and cut into 1cm thick slices
- 1 bay leaf
- 7 cups of chicken or vegetable stock/broth
- 1 tablespoon finely grated ginger
- 500 grams of sweet potato, cut into 2cm cubes
- 450g grams shredded poached chicken
- 200 grams silverbeet/English spinach, shredded
- Sea salt and freshly ground black pepper





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Method

Melt the oil or fat in a stockpot over medium heat. Add the onion, garlic, carrot, celery, thyme and bay leaf. Cook, stirring occasionally for 6 minutes until the vegetables are soft but not browned.

Pour the broth into the pot and bring to the boil, then reduce the heat to low and simmer for 20 minutes.

Add the ginger and sweet potato to the pot and cook for a further 20 minutes until the sweet potato is tender. Add the shredded poached chicken and silverbeet and simmer for another few minutes until the silverbeet is cooked.

Season the soup with salt and pepper and sprinkle on the parsley before serving.

Enjoy!

Jane

