



MADE WITH LOVE CHICKEN SOUP

This is a great soup to nourish your family throughout the winter months & ideal to gift to someone in need of a care package.

Serves 6 to 8

3 **CELERY STALKS**, finely chopped
1 **ONION**, peeled, finely diced
4 cloves **GARLIC**, peeled, finely chopped
2 tbs **FRESH ROSEMARY LEAVES**, finely chopped
2 **CARROTS**, peeled, grated
2 **BAY LEAVES**
8 cups (2ltr) **WATER**
3 cups (750ml) **CHICKEN STOCK**
½ cup (100g) **PEARL BARLEY**
1 tsp **SALT**
1 small **WHOLE CHICKEN**, left whole or cut down the middle to fit in the saucepan

GARNISH

1 cup (40g) **CAVOLO NERO** or **SILVERBEET LEAVES**, finely sliced
½ cup (20g) **FRESH CURLY PARSLEY**, finely chopped
JUICE of ½ a **LEMON**
SALT and freshly **GROUND BLACK PEPPER**

In a large saucepan or stockpot over a medium heat, place all the soup ingredients. Cover with a lid and bring to the boil.

Reduce the heat to low, simmer for approximately 1 hour or until the chicken is cooked and starting to fall off the bone.

Remove the saucepan from the heat. Carefully take the chicken out of the soup.

Allow the chicken to cool and then strip the meat from the carcass.

Add the chicken meat, cavolo nero, parsley and lemon juice to the soup.

Bring the soup back to the boil and then remove from the heat.

Season to taste with salt and pepper.

