

Simple Home Cooking - Recipe 1 – Chicken & Rice Soup



Photo by Peter Hershey

Ingredients

4 chicken thighs
2 Carrots Diced
2 sticks Celery Diced
1 Onion Diced
150g Long Grain Rice
Chicken Stock (from cubes or pots)
Cooking Oil
Salt & Pepper

Optional extras – ■ Parsley ■ Garlic

Method

Preparation Time 20 mins*

Cooking time 50 mins*

*The quoted times are an estimated and may vary based upon your experience & chosen ingredients.

On a medium heat, heat the oil in your Soup pot, then Brown your chicken thighs to seal them all around, once coloured remove from pot and set aside.

Cook off your carrots & onion until soft but not coloured. (if you want to use Garlic add it at this point), Tubes of pre-crushed Garlic are available in supermarkets)

Meanwhile make your chicken stock with your cube or pot by mixing with 1.5 litres of hot water in your jug, your cube packet will give you a guide as to how many cubes you may need for 1.5 litres.

Once the carrots & onions are cooked add your stock, rice & chicken thighs, season with Salt & Pepper (go easy on the salt as the Stock cubes have plenty, you can always add later to taste but you cannot take away) bring to the boil then reduce to a simmer and cook for 30mins.

Once the rice is cooked remove the. Chicken thighs with a slotted spoon and allow to cool for a few minutes.

Once the thighs have cooled remove any outer skin & bones & return the meat to the pot. (if you want you can add chopped Parsley at this point)

Bring back to a simmer and serve when ready.