



## FOOD FRESH PROJECT



### CHICKEN SOUP WITH RICE BONUS MEAL!

Once you're done eating your chicken, if there is any meat left on the bones do your best to remove it and store in the fridge, also if you don't want to make the soup right away the bones can be kept in the freezer in a bag or container.

Take all the remaining bones and add to a large pot, cover with cold water and bring to a boil on high heat, once boiling turn down to low/medium heat and let simmer for one hour. Feel free to add any clean vegetable scraps to this as well (no potatoes though), the more the merrier when it comes to flavouring a stock!

Once the stock has simmered for an hour or so (*it doesn't have to be exact it can go over time*) remove from the heat and strain into another heat safe container. In a new pot, over medium/high heat, add a couple tbsp of oil, let it heat up a bit then add all the extra vegetables from the chicken recipe, or any vegetables you'd like! Let them cook for a few minutes, were looking to get a bit of colour/browning on them before we add the rest.

Once your vegetables have started to get a little brown around the edges and soften up a bit, well add in our extra chicken bits, give those a stir around and in a few minutes add the strained stock back to the pot!

Once we've added the stock throw in the ½ cup of rice and let it come to a simmer for 20 minutes...make sure to taste along the way and adjust your salt/pepper/spices to your liking.

Once your soup has simmered and the rice is cooked give the soup one last taste to adjust the seasoning, make the necessary changes and enjoy!