

# Heart-warming Chicken Broth

Serves: 10

Cost: approx £16

Cooking time: approx 1 hour 30 minutes

## Ingredients

10 medium potatoes – diced  
5 medium carrots – diced  
1½ swedes – diced  
3 small onions – diced  
5 chicken breasts – cut into slices  
2200ml chicken stock  
200g pearl barley  
Salt and pepper

## Method

- Cook potatoes in a pan of water for 10 minutes or until par cooked, drain and keep to one side.
- In a new pan add carrots, swede, onion, sliced chicken breasts, chicken stock and pearl barley.
- Bring to the boil and simmer for 15 minutes
- Add cooked potatoes, season to taste, then cook for a further 20 minutes and serve.

# Bacon, Broccoli & Celeriac

Serves: 10

Cost: approx £14

Cooking time: approx 45 minutes

## Ingredients

2 tablespoons of olive oil  
10 rashers smoked dry cured bacon – diced  
2 small celeriac – finely chopped  
5 small onions – diced  
2 small broccolis – cut into small florets  
1750ml vegetable stock  
2 bay leaves  
2 rosemary – finely chopped  
250g baby leaf spinach  
Salt and pepper

## Method

- Heat Olive Oil in a pan, then fry the bacon until crisp. Remove and set aside
- Fry onions until soft, add celeriac and broccoli and cook for 5 minutes
- Add crispy bacon, vegetable stock and herbs and bring to the boil. Cover and simmer for 20 – 25 minutes until vegetables are tender.
- Remove soup from the heat; add the spinach leaves, stirring in to wilt them.
- Blend until smooth, then return to the pan, season to taste. Reheat gently and serve.

## Brussels Sprouts & Gammon

Serves: 10

Cost: approx £15

Cooking time: approx 45 minutes

125g butter  
2 cloves garlic – crushed  
2 small onions  
750g Brussels sprouts – finely sliced  
60g chestnut - peeled and chopped  
1ltr vegetable stock  
500g gammon – cooked and shredded  
1ltr water  
25ml single cream  
Salt and pepper

### Ingredients

- Melt the butter in a pan, add the garlic and onion, then cook gently for 5 minutes or until soft.
- Add two-thirds of sprouts and chestnuts and cook for a further 5 minutes without colouring.
- Add the stock and two-thirds of the gammon and boil rapidly, uncovered until the stock has reduced by half and the sprouts are just tender.
- Blend until smooth, adding a little of water if required.
- Return to the pan, add the remaining water and cream, season to taste, and then reheat gently for 5 minutes.
- Meanwhile, take the remaining sprouts, cut into quarters and cook in boiling water until *al dente*.
- Add the remaining gammon and sprouts to the soup, heat through and serve.

## New Year Root Vegetable

Serves: 10

Cost: approx £10

Cooking time: approx 1 hour

### Ingredients

50ml olive oil  
5 parsnips – diced  
3 sweet potatoes – diced  
5 medium carrots – diced  
3 leeks – sliced  
3 small red onions – diced  
5 sticks of celery – diced  
2 teaspoons ground cumin  
1 fresh red chilli – diced  
Salt and pepper

### Method

- Heat Olive oil in a pan, add the parsnip, sweet potato, carrots, red onion, leeks and celery then cook for 5 minutes until vegetables have a little colour.
- Add water, bring to the boil, cover and cook for 20 minutes or until vegetables are soft.
- Blend until smooth
- Return to the pan, add the cumin and chilli, and then season to taste. Simmer for a further 10 minutes and serve.

# Cauliflower & Cheddar

Serves: 10

Cost: approx £12

Cooking time: approx 30 minutes

## Ingredients

60g butter  
3 small onions – finely chopped  
3 medium potatoes – diced  
2 medium cauliflowers – small florets  
1200ml vegetable stock  
400ml milk  
250g mature cheddar cheese  
Salt and pepper

## Method

- Melt the butter in a pan; add the potato and onion, cooking gently for 5 minutes with out colour.
- Add the cauliflower and stock, bring to the boil, cover then simmer for 20 minutes until vegetables are tender.
- Blend until smooth
- Return to the pan, on a gentle heat add the milk and cheese, stirring continuously until the cheese has melted – but do not allow to boil.
- Season to taste and serve.