



ROAST POTATO & CHICKEN SOUP (SERVES 6)

INGREDIENTS:

- 750g leftover roast potatoes
- 500g leftover roasted vegetables (carrot/parsnip/swede)
- 2 onions (mine were baked but you can use raw)
- 1.5 l chicken stock (I used the cooking juices, vegetable trivet and boiled the chicken bones for about 20 mins before straining)
- leftover roast chicken to serve

INSTRUCTIONS:

- If using raw onions, peel and dice and add to a preheated large pan with a small amount of oil.
- allow the onions to soften before adding all the other ingredients to the pan.
- Bring to the boil and allow to simmer for 15 minutes until all the veg is soft.
- Blends until smooth and serve topped with leftover over roast chicken.

260 cals 9g P 38g C 8g F