



HOW TO MAKE CHICKEN AND CORN SOUP

Ingredients:



Splash
of olive oil



One large onion diced
(fry lightly)



6 slices of ham chopped
(fry lightly)



2 cups of
vegetable stock



Two 400g tins
of creamed corn



One 400g tin
of corn nibblets



Half a cooked chicken,
chopped or shredded



Handful of
chopped parsley



8 sprigs
fresh thyme

Method:

- Heat olive oil.
- Cook onion on medium heat until transparent.
- Add diced ham and stir cook for 1 minute.
- Pour in the vegetable stock and bring to the boil.
- Add the corn, chicken and herbs.
- Stir well and cook for 30 minutes.

