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)
- Two 400g tins of creamed corn
- One 400g tin of corn nibblets
- Handful of chopped parsley
- 6 slices of ham chopped (fry lightly)
- Half a cooked chicken, chopped or shredded
- One 400g tin of corn nibblets
- 2 cups of vegetable stock
- 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.