

Chicken, Corn & Spinach Soup

A healthy twist on the classic Chicken and Corn soup recipe.

nut-free dairy-free gluten-free

Preparation time: 8 minutes

Cooking time: 10 minutes

Serves: 5

Ingredients

- 500-600g of Chicken Thighs or Breast, no skin
- 1L of Liquid Homemade Chicken Stock
- ½ to 1 brown onion, diced
- 2 cans of Creamed Corn (see hint)
- 1 cup of Corn kernels (fresh or frozen)
- 1 cup of Frozen Peas
- ¾ cup of Frozen Spinach, slightly thawed



Preparation

1. Remove fat off chicken, then slice or dice into small pieces. Set aside.
2. In a large heavy based saucepan or pot, heat 1 tablespoon of Olive oil, and add the onion. Cook onion for 1 minute until turned translucent.
3. Add the chicken stock, cover pot with lid and increase heat. Bring stock to the boil.
4. Add the chicken pieces slowly, in small batches, to avoid splashing of the hot stock. Stir with a spoon to ensure chicken pieces are not stuck together.
5. Next add the creamed corn and frozen spinach. Reduce heat to a simmer. Cover and cook for 3-4 minutes.
6. Finally add the corn kernels and peas. Cook for another 2-3 minutes, giving it a good stir. Taste. If too salty, add extra water.

Hints

1. This recipe freezes well. Allow soup to cool, then freeze in air-tight containers for up to 3 weeks.
2. This soup also can last for up to 4 days in the fridge in an air-tight container.
3. This recipe also is great to strain and blend smooth for weening toddlers.
4. For extra bulk and starch, add some rice or egg noodles to the soup.
5. Shredded pre-cooked Kale or Chard works just as well as spinach.
6. If you don't have canned Creamed Corn, you can make it in a blender. About 1 heaped cup of kernels makes the equivalent of 1 can of creamed corn.