

CHICKEN PASTA SOUP

Ingredients:

250 mL	small shaped dry pasta (macaroni, penne, bowtie, fusilini, rotini, mini shells, etc)
1 ½	chicken breast, cut into bite sized pieces
15 mL	margarine
1	medium sized carrot, diced
1	celery stalk, sliced
1	small onion, diced
1	green onion, sliced small
2	cloves garlic, minced
500 mL	homemade chicken broth
500 mL	water
15 mL	chicken stock powder
1	bay leaf
5 mL	dried parsley
1	Sprig of fresh thyme or a bit of fresh rosemary (optional)

Salt and pepper to taste as well as other herbs and seasonings, your choice, use about 3-5 ml or 4 different herbs or spices and taste as you go

Method:

1. Bring a medium pot 3/4 full of water plus 3 mL of salt to the boil. Add the pasta and once it is boiling, cook it for about 8 mins depending on the size and type of pasta. Keep the pasta slightly undercooked as it will continue to cook in the soup broth.
2. In a large pot heat up the margarine and add the onion, carrots, celery and garlic along with a bit of seasoned salt and pepper. Saute for 3-5 mins or till the onions have a little bit of color.
3. Add the homemade chicken broth, water, chicken broth powder, spices and raw chicken cubes and bring to the boil.
Cook for 5 mins then reduce heat and add the pasta and then simmer for 10 mins to blend the flavors. Season to taste and serve with warm cheddar biscuits.

Other vegetables such as broccoli, cauliflower, asparagus, snap peas, green onion, corn or green beans can be added to give it more flavour, bulk and nutrient value. This soup can also be made as a cream soup by adding a bit of flour to the vegetables before the stock is added and replacing one cup of stock with light cream or whole milk. As a cream soup it is better if you use diced potatoes with the vegetables instead of adding pasta.