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by Terry Sequeira

Terry's Chicken Soup

Ingredients

1 kg chicken - cut into large pieces
3 large onions - quartered
3 large tomatoes - quartered
2 inch piece fresh ginger - crushed
6 flakes garlic - crushed
6 peppercorns
6 cloves
2 sticks cinnamon
4 pods cardamom
2 cubes Maggi chicken stock
1/2 tsp turmeric powder
4-6 cups water
OPTIONAL
Few cauliflower florets
Few French beans - cut into 2 bits
2 carrots - cut into big pieces
2 potatoes - cut into quarters

Preparation

1. Wash the chicken, drain off all the water and apply turmeric powder.
2. Then in a large pot put in all the ingredients and mix well.
3. Place the pot on the stove on medium heat.
4. After that add the measured cups of water and cover the pot with the lid.
5. Cook for about 30 minutes or until the chicken is fully cooked.
6. You can serve this soup with lightly toasted sliced bread.

Cooks Note

This soup - without the carrots and potatoes - is great to have when on a diet.