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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.
