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by Liz Robb

Chicken Broth with Pasta

Ingredients

2 small onions
2 large carrots
2 sticks of celery
A handful of green beans
2 large chicken breasts
Sunflower oil
1 litre 200ml of good chicken stock
1 level teaspoon of dried oregano
120g little pasta stars
A handful of fresh parsley
Salt and freshly milled black pepper

Servings
5
Person

Preparation

1. Peel the onions and chop finely. Peel the carrots, quarter them lengthways then slice thinly. Slice the celery very thinly. Chop the green beans into small lengths.
2. Remove the skin from the chicken breasts then chop them into bite sized pieces. Heat a tablespoon of oil in a large saucepan then sauté the pieces for 5-6 minutes until lightly browned, turning frequently. Lift out onto a plate using a slotted spoon and set aside to keep warm.
3. In the same saucepan, add another tablespoon of oil if necessary and sauté the chopped onion over a low heat for 2-3 minutes. Add the carrot and celery and continue to cook, stirring occasionally, for a further 5 minutes.
4. Add the green beans and toss with the other vegetables. Add the chicken pieces and stir into the vegetables.
5. Pour in the stock, add the dried oregano and bring up to the boil. Simmer gently for about 10 minutes, or until the vegetables are almost cooked through.
6. Add the little pasta stars and continue to simmer, stirring to prevent the pasta sticking together, for 6-7 minutes, or until the pasta is just cooked.
7. Finely chop the parsley and stir into the soup and then season well with salt and black pepper.
8. Serve with fresh crusty bread.

Cooks Note

This tasty broth is a simple and healthy family lunch or supper, very satisfying when served with fresh crusty bread, and the little pasta stars are appealing to children.

You can easily vary the vegetables, herbs and shapes of soup pasta to suit your own tastes if you wish, or add grated parmesan cheese to garnish.

Serves 5-6