



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Chicken and Vegetable Soup

Ingredients

2 onions
½lb carrots
2 turnips
¼lb mushrooms
A few frozen peas and any other vegetables in season
2oz butter
1 1/2 pints chicken stock
Salt and freshly ground pepper
Mixed herbs

Method

Finely chop vegetables; melt butter in saucepan and sauté onions until soft; add the other vegetables and chicken stock.

Bring to the boil and simmer until vegetables are soft; season, liquidise, sieve and reheat.

