

# #AUSAdapts COOKING AT HOME

## Speedy Chicken Soup



SERVES 4 PREP TIME: 5MIN COOKING TIME: 15MIN

### Ingredients

- 1 tbs olive oil
- 2 cloves garlic, minced
- 400g bag Woolworths Simply Simmer Veg
- 400g can no-added-salt diced Italian tomatoes
- 1 cup salt-reduced chicken stock
- 1½ cups macaroni, cooked
- 320g Woolworths hot roast chicken breast, skin removed
- Parsley sprigs, to serve
- 4 wholemeal bread rolls, to serve

### Method

Heat oil in a medium saucepan over medium heat. Add garlic and sauté for 1 minute. Add the simmer veg, and cook, stirring, for 2 minutes.

Add tomatoes, chicken stock and 4 cups of water. Season with pepper to taste. Cover and cook for 10 minutes or until vegetables are softened.

Stir in macaroni and chicken, divide amongst bowls. Garnish with parsley and serve with bread rolls

*TIP: use a wholemeal pasta for an even healthier grain option.*



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