

Adios™

A natural aid for slimming



COMFORTING CHICKEN SOUP

Serves 6

110 calories per serving

Ingredients

1 chicken
1 medium parsnip
2 carrots
1 leek
1 onion
2 sticks of celery
1 stock cube
Salt and pepper
About 4 litres of water



Adios tip:

you use any root vegetables you have around – carrots, swede, parsnips, even squash or sweet potatoes.

Method:

- 1 Firstly, chop the parsnip into quarters, top and tail the carrots and cut in half.
- 2 Cut the leek, celery and onion into big pieces and put into your biggest saucepan. Then add the chicken.
- 3 Cover with water.
- 4 Slowly bring the pan to boil and crumble in the stock cube, then turn right down. Leave just below a simmer for three hours.
- 5 Drain all the stock into another saucepan. Slice the carrots and add to the stock, and finally add some chopped chicken back in.
- 6 Season with salt and pepper to taste.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: