

CHICKEN & VEGETABLE SOUP

<i>Ingredients</i>	<i>Equipment</i>
1 Red Onion	Chopping Boards
2 Cloves Garlic	Knives
350 Grams Chicken	Vegetable Peeler
125 Grams Green Beans	Garlic Crusher
1 Carrot	Measuring Jug
1 Tablespoon Chicken Stock	Spoon & Cup Measures
1 ½ Litres Water	Wooden Spoon
¼ Cup Rice	Large Saucepan
Salt and Pepper to taste	
Oil for cooking	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Cut chicken into small pieces.
4. Peel and dice the onion
5. Peel and crush the garlic
6. Top and tail the beans and slice finely
7. Peel and dice the carrot
8. Heat a small amount of oil in the saucepan.
9. Cook the onion and garlic until soft
10. Add the chicken and cook until golden brown and tender.

11. Reduce the heat and add the beans, carrot, water and the chicken stock. Place the lid on the saucepan and bring to the boil.
12. Add the rice and simmer for 10 minutes, stirring from time to time.
13. Season with salt and pepper.

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