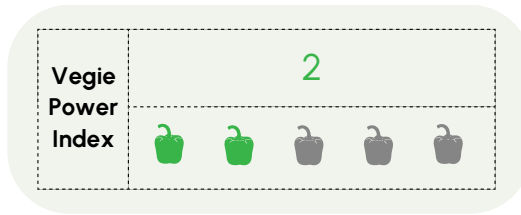


Chicken and Corn Soup



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 35 MINUTES

BASED ON: 9 SERVES

INGREDIENTS

	SERVES 9	SERVES 18	SERVES 27
Polyunsaturated oil	1 tsp	2 tsp	3 tsp
Spring onions, sliced	3	6	9
Salt-reduced chicken stock	3 cups	6 cups	9 cups
Cooked chicken, diced	1 cup	2 cups	3 cups
Creamed corn, canned	1 x 425g tin	2 x 425g tins	3 x 425g tins
Corn kernels, canned and drained	1 cup	2 cups	3 cups

METHOD

1. Heat oil in a large pot over medium heat.
2. Add onions and cook for 1 minute.
3. Add remaining ingredients and simmer until heated through.
4. Serve with a wholegrain roll.

VARIATIONS

Add 100g of noodles, 1 teaspoon of both light soy sauce and sesame oil before serving to make a Chinese inspired soup.