

Chicken and White Bean Soup

Serves 2 – 290 calories per portion



Ingredients

1 tbls	vegetable oil
200g	boneless chicken thighs, trimmed of fat and cut into chunks
1	onion, finely chopped
1	clove garlic
2	carrots, finely chopped
1	stick celery, finely chopped
1	bay leaf
½ tsp	teaspoon dried thyme
300ml	chicken stock
400g	can of haricot beans or use flageolet or cannellini beans
1	small bunch chopped parsley leaves (optional, to serve)



Keighley Healthy Living

How to make this recipe

- In a large pan, heat the oil and then add the chicken. Cook for a few minutes until lightly browned.
- Add the onions, garlic, carrots and celery and fry gently for 2 minutes more.
- Add the chicken stock, bay leaf and thyme. Bring the soup to the boil and then turn the heat to a gentle simmer for 30 minutes.
- Five minutes before the end of cooking, add the beans.

Serve: sprinkled with fresh parsley.

