



Hearty Homemade Chicken Soup

Ingredients

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| 2 Tbsp Olive oil or Butter | 5 Sprigs Fresh Parsley (chopped) |
| 1 Large Onion (diced) | 2 Sprigs Rosemary |
| 1 Medium Sweet Bell Pepper (diced) | 3 Tbsp Tomato paste |
| 4 Cloves Garlic (minced) | Spices: Cayenne pepper, Curry powder, Parsley, Salt |
| 3 Medium Tomatoes (diced) | 2 Medium Irish potatoes (peeled and diced) |
| | 5 Pieces Chicken leg quarters (skinless) |



By Rachel Matembe



Directions

1. Place a large pot on medium heat and add the oil/butter.
2. Once the oil/butter is heated up, add the onions and sweet peppers.
3. Cook for a few minutes, until the onions are slightly browned.
4. Next, add the garlic, diced tomatoes and salt. Let these cook for a further two minutes while stirring occasionally.
5. Stir in the Parsley, Rosemary, Spices (adjust spice amount according to your preference) and tomato paste.
6. Add the chicken and potatoes, then fill the pot with water till it just barely covers the chicken.
7. Let simmer on medium low for 30 minutes or until the chicken is fully cooked. Enjoy!