

Jerome's Chicken Soup in a Pot



Prep: 20 minutes



Cook: 1 hour



Serves: 4-6



NOTE

This is a handy recipe for weekly meal prep and it's easily stored in plastic containers.

Ingredients

- 1kg chicken drumsticks (leave skin on)
- 3 carrots peeled and sliced
- 2 potatoes peeled and chopped into chunks
- 1 onion diced
- 3 garlic cloves finely diced
- 1 litre chicken stock
- Bok choy chopped
- 3 sticks celery sliced
- knob of ginger diced
- olive oil
- salt and pepper to taste

Cooking steps

1. Using a large pot on low heat add olive oil and sweat off garlic, ginger and onion
2. Add celery and mix together
3. Once sweated off add drumsticks and let them cook for a minute while mixing around well in the pot
4. Add chicken stock (stock should be just above the chicken)
5. Add potato
6. Bring to the boil then simmer for 1 hour
7. Add carrots and bok choy after 30 minutes when chicken is tender and ready to eat