

Lean and Clean Sunday Left over soup.



Ingredients

- 1 used chicken carcass or just the bones.
- Water from the veg off Sunday dinner.
- 2 tablespoons of coconut oil.
- 1 large onion.
- 2 cloves garlic crushed.
- 2 chilli's, chopped Finley chopped
- 1 small chopped ginger stem, chopped.
- 1 butter nut squash, peeled and diced.
- 1 swede peeled and diced.
- 2 small carrots, peeled and diced.
- 2 carrots peeled and sliced into 4.

Method

- place chicken bones or carcass in the pan.
- Slightly cover with the veg water.
- Bring to a simmer until chicken has been removed from the bones.
- Drain what is now a stock into a container for the time being.

Turn on the oven to 185c

- Place a large pan on the heat.
- Add 2/3rds of the coconut oil
- add the onion, ginger, garlic and chilli.
- Add the squash, swede and 2 diced carrots
- stir contents and cover for 2 mins..
- add the stock, cover and bring to the boil.

- Take a baking tray and put a square of baking paper in the centre.
- Place the 8 carrot sticks in the centre
- rub the coconut oil into them and place in the oven.

- Once the Soup as come to the boil let simmer until veg softens.
- Once it has reached this stage bring off the stove and blend using blending stick.
- Don't over blend leave nice and thick.

After 25 mins remove carrot sticks from oven.

Serve the soup in a bowl with the carrot sticks on the side.