

Plain Chicken Noodle Soup

For two or three servings:

Knob of butter (not low-fat spread), or dessert-sized spoon coconut oil, or slosh of olive oil,

Medium to large white onion or three or four shallots, finely chopped,

A smallish carrot if wanted, very finely chopped,

Couple of cloves of garlic, finely chopped,

Chicken pieces/flakes,

Handful or two of very tiny soup noodles,

A pint of Chicken broth (add chicken stock cube if need more flavour), or chicken stock cube in pint of water,

Salt, pepper, shake of dried parsley or thyme or rosemary,

Heat a knob of butter, or coconut oil, or olive oil, in a large saucepan or casserole pot,

Tip in the onion or shallots and sweat for a few minutes until translucent (not brown),

Add in the finely chopped carrot if using, and stir for another minute or so,

Add in the chopped garlic and stir for a minute (don't allow the garlic to burn),

Pour in the homemade chicken broth (add in a stock cube if want more flavour), or if not using homemade broth then crumble in a chicken stock cube with a pint of water,

Add salt, pepper, and herbs if using herbs,

Add in chicken bits, and the noodles,

Cook on a low heat until the noodles have softened,

Taste, and add anything more if needed – more water if too thick or more noodles if too thin, more salt or pepper or herbs or another stock cube if need more flavour,

Serve with rolls, or flatbread, or toast, or oat biscuits...