

# Cock-a-Leekie Soup

## For two or three servings:

Knob of butter, or dessert-sized spoon coconut oil, or slosh of olive oil,

Large white onion or four or five shallots, chopped quite small,

One large or two smallish leeks, chopped quite small,

Couple of cloves of garlic, finely chopped,

Chicken pieces/flakes,

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,

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Heat a knob of butter (not low-fat spread), or dessert-sized spoon of coconut oil, or slosh of 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 chopped leeks 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,

Cook on a low heat until the leeks have softened,

Taste, and add anything more if needed – more water if too thick or a shake of flour if too thin and stir well to remove any lumps, more salt or pepper or herbs or another stock cube for more flavour,

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