



# Chicken and sweetcorn soup

## What you'll need

- 1 tablespoon vegetable oil
- 1 teaspoon bouillon powder or reduced salt veg stock
- 1 medium onion, peeled and diced
- 1 medium potato, washed and diced (skin can be left on)
- 200g cooked chicken, diced
- 200g frozen sweetcorn (tinned sweetcorn in water works too, rinse first if you can't get hold of sugar/salt free)
- 1 teaspoon dried mixed herbs or 1 tablespoon fresh parsley, finely chopped
- 500ml water
- 500ml semi-skimmed milk

## Allergies

- Gluten free
- Egg-free

Recipe makes 4 adult portions

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## What to do

1. Heat the oil in a large pan and fry the diced onion with the bouillon powder for a few minutes, stirring all the time, until the onion softens.
2. Add all the other ingredients except the milk, bring to the boil, and simmer for about 15 to 20 minutes.
3. Add the milk and re-heat. Serve with slices of wholemeal bread, cut into fingers for babies.

## For babies

Don't add the bouillon powder until after you have taken out the baby's portion.

Chop the meat finely, and allow the soup to cool before serving.

## Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge, or freeze. Use leftovers in fridge within 2 days. Defrost leftovers from freezer thoroughly before reheating. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers  
aged 12-18



5-11 year old



1-4 year old



7-12 month old

