



Last night we had a roast Chicken dinner, Nothing new there. We generally cook like your granny did. It's cheap, it's good for us and Buster and it's not supplied in a shed load of plastic. But sometimes we had leftovers.

What do you do with a small box of cooked Veg and Chicken?

Soup - for a rainy day.

Ingredients:-

1 Stock Cube (Or stock from a previous roast)

Left over bits and bobs (Veg and Chicken in this case)

Method:-

(1) Get the blender off the top of the freezer.

(2) Bring the stock cube (Or real stock if you have it) to the boil.

(3) Smash everything up in the blender.

If the Chicken wisn't previously frozen you can pop your soup directly in the freezer. A few herbs and a bit of fresh ground Black Pepper and you've got a meal for the cost of a Stock Cube. So 5p each maybe?