

Cauliflower Soup

yield: 6-8 people

Ingredients:

about 300g/10.5oz chicken meat (drumstick, thigh, wings, etc.)

3 medium potatoes - cubed

4 medium carrots - sliced

1 small onion - in one piece

1 parsley - in one piece

about 450g/1lb cauliflower - florets

5 cups water

salt, black pepper, vegeta to taste

1-2 tablespoons parsley - dry or fresh

Directions:

Put the meat, carrots, parsnip, onion, potatoes and cauliflower in a large saucepan/pan. Add the water, cover and bring to boil. Uncover the soup, skim it, add about 2 tablespoons of vegeta and simmer for about 15-20 minutes or until vegetables are soft. Add the parsley. Remove and discard parsnip and onion. Remove also the cooked chicken and set aside to cool then remove meat from bones, discard bones, chopped the meat and put back to the soup. Season the soup with salt and black pepper and serve.

Enjoy!;)