

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 lead 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?