



Corn Chowder

Carol Cook

Ingredients

4 Potatoes, chopped
3 Rashers of bacon
1 chopped onion
1 litre of water
Tin creamed Corn
250ml milk
1 teaspoon fresh thyme
2 teaspoons Worcestershire sauce
Salt and pepper

Method

Boil potatoes in water.
Fry bacon and chop
Sauté onion
Combine all ingredients and add can of soup, milk, thyme and sauce.
Add salt and pepper to taste



Pea and Ham Soup

Sue Reilly

Ingredients

- 1 packet yellow split peas
- 1 smoked hock or a meaty ham bone
- 1 large grated carrot
- 3 sticks finely chopped celery
- 1 large onion finely chopped
- 2 litres of water
- 2 tablespoons chicken stock powder

Method

Boil all ingredients until the peas are very soft (around 1 – 1 ½ hours). Remove hock and shred all meat from the bone. Return meat to soup.



Thai Style Pumpkin Soup

Gail Christmas

Ingredients

- ½ barbecued chicken
- 2 tablespoons red curry paste
- 4 ½ cups water
- ½ cup coconut milk powder
- 2 x 420g cans cream of pumpkin soup
- 1 chicken stock cube, crumbled
- 2 x 40g packets 2-minute noodles, lightly crushed
- 4 spring onions, thinly sliced

Method

Discard skin and bones from chicken. Roughly chop flesh

Spoon curry paste into a heated, greased pan; cook stirring until fragrant. Add combined water and coconut-milk powder, then undiluted soup and stock cube; bring to boil. Simmer uncovered for 10 minutes

Add chicken and noodles; simmer uncovered for a further 2 minutes or until noodles are tender and chicken is hot.

Serve sprinkled with spring onions.



Choko Soup

Sue Reilly

4 choko

2 potato

2 rashers of bacon

1 onion

1 pkt chicken noodle soup (or Crushed egg noodles with 1 teas mixed herbs)

3 chicken cubes

1 desp curry powder

Salt and pepper

6 cups water

3 tabs rice

Cook choko and potato. Mash. Fry onion and bacon lightly in a little margarine. Add all ingredients to a saucepan and boil for 60 mins, stirring so rice doesn't stick.