



CREAMY CORN AND CHICKEN SOUP

INGREDIENTS

- 1 can of creamed corn
- 1 small chicken fillet diced
- 1 diced onion
- 1 packet of chicken noodle soup (or 1 litre of chicken stock)
- ½ teaspoon sugar
- 1 corn on cob (corn kernels removed)
- 4 cups of water (only if using chicken noodle soup)
- 1 beaten egg
- Spring onions (for garnish)



DIRECTIONS

1. In a saucepan cook on medium heat onion and chicken.
2. Add creamed corn, fresh corn, noodle soup, sugar and water.
3. Simmer for 10 minutes. Turn heat back to low and whisk in egg.
4. Simmer for another 10 minutes.
5. Garnish with fresh spring onions.



This soup is also delicious if you add diced sweet potato.