

## Chicken Pasta Soup

### **Ingredients:**

5-6 Chicken thighs  
1 large sliced white onion  
1 tbsp olive oil  
4 medium carrots (diced)  
6-8 closed cup mushrooms (quartered)  
1/2 red pepper  
1 x 400g chopped tomatoes  
60ml chicken stock  
100g sweetcorn  
150g pasta shells

### **Method:**

1. Preheat oven at gas mark 5. place chicken thighs on tray and roast for 30-40 minutes. Remove from oven and separate the meat from bones and cut into small pieces.
2. Heat oil in deep saucepan over a medium heat, add the onions and fry for a minute or two before adding the carrots. Add mushrooms and red pepper.
3. Next add the can of tomatoes, chicken stock, sweetcorn and chicken pieces. Leave to simmer on a low heat, covered for 20 minutes.
4. Add the pasta to the soup and leave to simmer for a further 15 minutes until pasta is cooked.
5. Serve