

## **Is there a battle at the dinner table? Do your children dislike eating vegetables?**

One way of encouraging children to eat their vegetables is to hide them. During winter, soup is an excellent nutritious meal to fill up hungry tummys, and it's easy. Soup is a quick and an easy meal to prepare the whole family can enjoy. Try the following recipe:

### **Lee-Anne's Quick Cup of Veggie and Chicken Soup**

#### Ingredients

1 tbs of olive oil  
200g of breast chicken (no skin on)  
2 brown onions, thinly sliced.  
1 carrot  
1 celery stick  
1 zucchini finely sliced  
100g green beans  
4 cups of chicken stock  
1 cup of wholegrain pasta  
Wholemeal toast cut into strips

#### Directions

1. Heat oil in a medium saucepan over a medium heat. Add chicken, stirring regularly for 3 minutes. Add green beans, zucchini, celery, onion and carrot and cook, stirring regularly for 3 minutes.
2. Add stock, cover and bring to boil. Reduce heat to medium low and simmer, stirring occasionally, for 10 minutes or until vegetables are tender.
3. Add to the soup the wholegrain pasta. Cook for a further 10 minutes.
4. Serve the soup in bowls, together with wholemeal toast cut into strips.

#### Variation

This recipe is not hard and fast, if your family doesn't like the vegetables mentioned swap them for the ones they do like. If you need to disguise the vegetables further, leave out the pasta and when the soup is cooked blend the soup in the blender.