



## Cook once, eat twice

Dishes like soups are great for making sure any odds and ends are used up from the fridge. Leftovers from previous meals can be cooked with fresh ingredients for today's lunch or supper.

# Use Up Soup

by Caroline Marson

A nutritious, cheap and filling soup that takes only minutes to make and serve. A stock cube can be used as the base or use fresh stock made from leftover chicken bones. Then add anything you need to use up.

Heat the chicken stock in a saucepan with the garlic, chopped tomatoes, green vegetables and tomato ketchup or puree. Allow to boil for 2-3 minutes then add the chicken or ham and mixed beans. Season well. Bring to the boil and cook for about 3-4 minutes or until the vegetables are cooked.

Rip the cheese into pieces and scatter into the soup bowls. Ladle the soup, chicken and vegetables over the cheese then add the bread slices, drizzle with olive oil and sprinkle with spring onions. Season with black pepper and serve.

### Serves 2

570ml chicken stock or use chicken stock cubes

1 garlic clove, finely sliced

4 over-ripe tomatoes or 400ml can chopped tomatoes

50g green vegetables such as runner beans, French beans, mangetout, sugar snap peas, broccoli

1 tablespoon tomato ketchup or ½ tablespoon tomato puree

125g leftover cooked chicken or ham

1 can 400g mixed beans

Salt and ground black pepper

50g leftover soft cheese such as Brie or Goat's

Leftover bread slices, lightly toasted

1 spring onion, finely chopped

Virgin olive oil