

Three Carrot Soup





Ingredients

1 whole	Chicken bone
2 L	Water
150 g	White radish, cut into bite-sized chunks
150 g	Turnips, cut into bite-sized chunks
150 g	Orange carrot, cut into bite-sized chunks
2 tbsp	Wolfberries
1 tsp	Soy sauce
To taste	Salt & pepper

Methods

1. Blanch chicken bone in boiling water for 3 minutes and skim
2. In a large pot, bring water to a boil and add in all the vegetables and wolfberries.
3. Cook for 50 minutes.
4. Turn off the flame and add in the soy sauce, salt and pepper
5. Serve hot.

*TIP: cut the vegetables around the same size to help even cooking

Nutrition information	Energy
Total servings 	220 kcal
Per serving 	50 kcal