

Plant a Row • Grow a Row & Soupalicious Toronto 2011 invite you to

Sip, Slurp and Savour ...

Mantracker Sidekick Phil Lemieux Prey Soup

Winner of the Most Comforting Soup Award

Ingredients

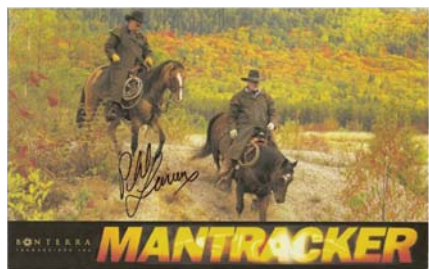
- 1 1/2 lbs. Chopped boneless skinless chicken breasts
- 2 containers chicken broth
- 2 cups water
- 1 cup diced celery
- 4 large sliced carrots
- 6 green onions chopped
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/4 teaspoon of thyme
- 1/3 cup parsley (flakes or fresh parsley)



soupalicious.ca

Method:

When soup has simmered and vegetables are almost cooked add egg noodles.



Recipe courtesy of Soupalicious Award Winner for Most Comforting Soup, Mantracker Sidekick Phil Lemieux.

To catch up with Phil Lemieux's mantracking, visit www.mantracker.ca.

For more information, visit www.growarow.org

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.