

Winter warmers

Looking  
out for our  
neighbours

# Spiced chicken and vegetable soup



Cooking for one can be tricky, so why not share this dish with someone who's often by themselves? You could invite a neighbour round to your house or pop over with a portion and tuck in together.

Be sure to check if your neighbour has any allergies or dietary needs. For instance, they might be vegetarian or only eat gluten free food.

Stay warm during the chilly winter months with this spicy soup.

## You'll need

- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, crushed
- 2 carrots, chopped
- 250g swede or turnip, chopped
- 1 apple, peeled, cored and chopped
- 1 tbsp curry powder
- 1/2 tsp cumin seeds (optional)
- 1 litre reduced-salt vegetable or chicken stock
- 400g tomatoes, chopped
- 200g cooked chicken, skin removed, chopped
- 50g frozen peas
- 4 tbsp low-fat natural yoghurt
- 1 pinch fresh mint (optional)

## Method

1. Heat the oil in a large saucepan and gently fry the onion and garlic for a couple of minutes, until softened. Add the carrots, swede or turnip and apple, and cook for another 2 minutes.
2. Stir in the curry powder and cumin seeds and cook gently for a few seconds. Pour in the stock and add the tomatoes. Bring to the boil, then reduce the heat and simmer, partially covered, for about 20 minutes, or until the vegetables are tender.
3. Add the chicken and peas and simmer gently for another 3-4 minutes. Ladle the soup into warm bowls and serve each portion topped with 1 tablespoon of yoghurt and a few mint leaves. Serve with a crusty roll.

**Tip:** For a Mediterranean flavour, use 1 tbsp of mixed dried Italian herbs instead of cumin seeds and curry powder, and switch mint for basil.

Or swap chicken for turkey to use up your leftovers!



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[www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)

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# Tasty veggie chilli



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**This meat-free twist on a classic chilli is the perfect seasonal sharer.**

## Method

1. Heat the oil in a large saucepan and add the onion. Fry gently for 2-3 minutes, then add the carrot, garlic, red chilli and peppers and fry for 2-3 more minutes, stirring regularly.
2. Add the frozen veggie mince, beans, tomatoes, tomato puree and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for roughly 30 minutes. At the same time, put the rice on to cook in plenty of gently boiling water – it will take about 25-30 minutes.
3. Season the chilli with black pepper, and serve in warm bowls with the drained rice.

## You'll need

- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 carrot, finely chopped
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 2 peppers, any colour, deseeded and chopped
- 300g vegetarian mince
- 420g red kidney beans, in water
- 400g chopped tomatoes
- 2 tsp tomato puree
- 100ml reduced-salt vegetable or chicken stock
- 200g easy-cook long grain brown rice
- 1 pinch ground black pepper

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