

Chicken Soup

Ingredient:

- 6 chicken legs without skin
- 1 onion
- 2 carrots
- 2 liters cold water
- Coriander
- Salt

Preparation:

1. take cold water, put it in the pot.
2. peel the onion and carrots and add it to the water.
3. add the chicken (remove the foam that is formed from the chicken).
4. cook it for at least 40 min.
5. then when the chicken is almost done add salt and coriander.
6. possible to add as well noodles if you prefer to have full meal that contain (carbohydrate, proteins and fat)

