

Gráinne O’Keefe’s Meals in a Bowl

Lasagne soup with burrata and garlic bread

Serves: 4

Course: Soup

Cooking Time: 40 mins

Prep Time: 10 mins

Ingredients

2 tbsp olive oil

1 onion, chopped

3 garlic cloves, minced

250g minced beef

1/2 tsp oregano

1/2 tsp thyme

500ml beef stock

450g tinned chopped tomatoes

100g dried lasagne sheets

150g cherry tomatoes

4 slices sourdough bread

1 garlic clove, minced

2 tbsp butter

2 burrata balls

1 bunch of basil, chopped

Salt and pepper

1. In a pot, heat the olive oil and cook the onion and garlic for 10 minutes. Add the beef and cook until it is browned off. Drain off any excess fat. Add the oregano, thyme, beef stock and chopped tomatoes and cook for 20 minutes.

2. Add in the lasagne sheets (break them roughly first), and the cherry tomatoes. Season with salt and pepper and cook for a further 10 minutes (ensure the pasta is soft). Set aside.

3. In a pan, add one minced garlic clove and two tablespoons of butter and when this is hot, add the sourdough to toast on each side until golden brown.

4. Serve the soup in a bowl and garnish with the garlic bread, torn burrata, fresh basil and salt and pepper.

Creamy chicken soup with wild rice and leeks

Serves: 4

Course: Dinner

Cooking Time: 4 hrs

Prep Time: 10 mins

Ingredients

2 tbsp butter

600g skinless, boneless chicken thighs (or breasts)

1 small onion, diced

3 garlic cloves, minced

1 leek, finely chopped

2 carrots, peeled and diced

4 tbsp wild rice

1 tsp fresh thyme

1 tsp dried sage

1l chicken stock

300ml water

salt and pepper

250ml heavy cream

1 tbsp fresh chopped parsley

In a large pan, melt the butter over medium heat. Add the diced chicken and cook until browned on all sides. This should take about five minutes. Transfer the chicken to a slow cooker. In the same pan, add the onion, minced garlic, sliced leeks and diced carrots. Sauté for about five minutes until the vegetables become tender. Add the sautéed vegetables to the slow cooker with the chicken. Add the wild rice, thyme leaves and dried sage to the slow cooker.

Pour in the chicken stock and water, ensuring all the ingredients are submerged in the liquid. Season with salt and black pepper. Cover the slow cooker and cook on low for four hours, or until the chicken is cooked through and the rice is tender.

Once the soup is ready, stir in the heavy cream. Allow it to heat through for about 10 minutes. Taste and adjust the seasoning, adding more salt and pepper if necessary. Ladle the creamy chicken soup into bowls and garnish with chopped curly parsley