

Chicken and Pastina Soup

Soup of the Month – January 2013



Chicken, vegetables and tiny pasta make an easy, hearty weeknight dinner.

Prep Time: 30 Min

Start to Finish: 45 Min

Makes: 10 servings (1 ½ cups each)

INGREDIENTS

- 2 lb. boneless skinless chicken breasts
- 2 cartons (32 oz. each) reduced-sodium chicken broth (8 cups)
- 1 tablespoon olive oil
- 1 medium onion, chopped (1/2 cup)
- 1 medium carrot, diced (1/2 cup)
- 1 medium stalk celery, diced (1/2 cup)
- 1 cup crushed tomatoes (from 28-oz can)
- 1/4 teaspoon freshly ground black pepper
- 1 dried bay leaf
- 1 1/2 cup uncooked acini di pepe pasta (12 oz) or any tiny, ring-shaped pasta
- 2 cups chopped lightly packed mustard greens, spinach, Swiss chard or other greens
- 1/3 cup shredded Parmesan cheese

DIRECTIONS

1. In 12-inch skillet, place chicken and 1 carton of the broth. Heat to boiling; reduce heat. Cover; simmer 20 minutes or until juice of chicken is clear when center of thickest part is cut (165°F).
2. Meanwhile, in 6-quart stockpot, heat oil over medium heat. Cook onion, carrot and celery in oil 8 to 10 minutes, stirring occasionally, until tender.
3. Drain chicken, reserving broth; set chicken aside. Strain broth; add to vegetables. Stir in remaining carton of broth, the tomatoes, salt, pepper and bay leaf. Heat to boiling. Stir in pasta; reduce heat. Cover; simmer 15 minutes.
4. Shred or cut chicken into bite-size pieces; add to soup. Add greens; cook and stir just until wilted. Remove bay leaf. Top each serving with cheese and a sprinkle of additional freshly ground pepper.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 ½ cup	Calories:	250	Calories from Fat:	50
Total Fat:	6 g	Saturated Fat:	1 ½ g	Cholesterol:	60 mg
Sodium:	620 mg	Total Carbohydrate:	22 g	Dietary Fiber:	2 g
Sugars:	3 g	Protein:	28 g		



This recipe adapted from WWW.eatbetterearly.com