

Chicken and Pastina Soup

Soup of the Month September



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

Prep Time: 30 Min

Start to Finish: 45 Min

Makes: 10 servings (1 1/2 cups each)

INGREDIENTS

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

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

Serving Size: 1 Serving	Calories: 250	Calories from Fat: 50
Total Fat: 6 g	Saturated Fat: 1 1/2 g	Trans fat : 0 g
Cholesterol: 60 mg	Sodium: 620 mg	Total Carbohydrate: 22 g
Dietary Fiber: 2 g	Sugars: 3 g	Protein: 28 g



This recipe is adapted from WWW.eatbetterearly.com