



Hearty Chicken and Vegetable Soup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 8 ounces chicken breast, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1 large shallot, finely chopped
- 1/2 teaspoon Italian seasoning blend
- 1/8 teaspoon salt
- 2 plum tomatoes, chopped
- 1 14-ounce can reduced-sodium chicken broth
- 2 tablespoons orzo, or other tiny pasta, such as farfelle (whole wheat is best)
- 1 1/2 cups packed baby spinach

Preparation

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.
2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally.
3. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions.
4. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about two minutes.

Tips

- Make ahead. You can cover and refrigerate Chicken Soup for up to three days or freeze it for up to three months
- Add more veggies. Carrots and corn work particularly well when added in larger quantities