

# HEARTY TUSCAN SOUP RECIPE (Serves 6)

PREP TIME 10 mins

COOK TIME 20 mins

TOTAL TIME 30 mins

## INGREDIENTS

- Cooking spray
- 2 tbsp extra virgin olive oil
- 1 ½ pound raw chicken breast (cut into 1" pieces)
- 15 oz canellini beans, drained
- 15 oz canned fire roasted diced tomatoes
- ⅓ cup elbow macaroni
- 1 medium onion, finely chopped
- 1 carrot, roughly chopped
- 1 zucchini, roughly chopped
- 1 clove garlic, minced
- 1 tbsp thyme, chopped
- 1 heaping cup spinach, roughly chopped
- 1 qt chicken broth
- freshly grated parmesan cheese (optional)



## INSTRUCTIONS:

### CHICKEN

1. Spray a large skillet with non-stick cooking spray and, over medium-high heat, add chicken
- 2.
3. In a large pot over medium-high heat, add olive oil, garlic, thyme and onions and cook for about 4 minutes, until onions are translucent.
4. Add all other ingredients - except the macaroni - and bring to a boil.
5. Reduce to a simmer, cover and cook for 10 minutes.
6. Add chicken and macaroni, bring the soup back up to a boil, reduce to a simmer, cover and cook for an additional 10 minutes.
7. Serve hot and topped with a little freshly grated parmesan cheese.

Nutrition Information (per serving): Serves 6

230 calories

7 g fat

22 g carbohydrate

26 g protein