HEARTY CHICKEN VEGETABLE SOUP

SERVES 8

Preparation time: 30 minutes  
Cook time: 60 minutes

INGREDIENTS

- 1-2 pounds chicken meat
- 1 tablespoon olive or canola oil
- 3 carrots, finely chopped
- 1 large onion, finely chopped
- 3 stalks celery, finely chopped
- 6 cups low-sodium chicken stock
- 1 can garbanzo beans, drained and rinsed
- 1 14.5-ounce can diced tomatoes
- ¼ teaspoon dried thyme leaves
- ½ teaspoon dried sage leaves
- 1 teaspoon dried oregano leaves
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup red or green bell pepper, chopped
- 1 cup frozen peas
- 1 cup frozen green beans

DIRECTIONS

1. Cut chicken into small pieces. Brown in heated oil in a large saucepan or stock pot.
2. Add chopped onions, carrots, and celery and sauté for about 10 minutes.
3. Add stock, garbanzo beans, and diced tomatoes.
4. Add herbs, salt, and pepper.
5. Simmer soup gently for about 60 minutes. Add frozen vegetables and chopped peppers. Cook for 30 minutes. Season with salt to taste.

SIMPLY GOOD EATING

Preparation time: 30 minutes  
Cook time: 60 minutes

TIPS & VARIATIONS

- **USE TURKEY INSTEAD OF CHICKEN** by substituting turkey stock and turkey meat in place of chicken stock and chicken meat.
- **USE LEFTOVER CHICKEN** instead of starting with raw chicken. Add leftover chicken step 3.
- **ADD A HANDFUL OF FRESH SPINACH** Just chop and add with chopped peppers.
- **USE MORE HERBS** if you like stronger flavors.
- **ADD MINCED GARLIC** for more flavor.
- **LET IT SIMMER LONGER** to bring out more flavors and thicken the broth.