

Tuscan Chicken Soup

This recipe uses many common pantry and refrigerator staples.

All you have to pick up at the supermarket is fresh spinach and chicken thighs!

Ingredients:

1 cup chopped onion
2 tbsp tomato paste
1/4 tsp freshly ground pepper
1/8 tsp salt
1 (15oz) can cannellini beans (or other white beans),
rinsed & drained
1 (14oz) can fat-free, lower-sodium chicken broth
1 (7oz) bottle of roasted red peppers, rinsed, drained &
cut into 1/2 inch pieces
1 lb boneless, skinless chicken thighs, cut into 1 inch
pieces
3 garlic cloves, minced
1/2 tsp fresh rosemary, chopped
1 (6oz) package of fresh baby spinach
8 tsp grated fresh Parmesan cheese



Nutritional Information (per serving):

Calories: 246
Total Fat: 5.6g
Sat. Fat: 1.8g
Carbs: 18g
Fiber: 5.1g
Protein: 30g

Preparation:

1. Combine first 9 ingredients in an electric slow cooker. Cover and cook on **HIGH** for 1 hour. Reduce heat to **LOW**; cook for 3 hours.
2. Stir in rosemary and spinach; cover and cook on **LOW** for 10 minutes.
3. Ladle soup into bowls; top each serving with cheese. Makes 4 servings (1 1/2 cups soup & 2 tsp cheese).