

Claire Cary's Tuscan Chicken Soup

Submitted by Sue Reaver, Cafeteria Manager



Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 1 tablespoon minced garlic
- 2 large carrots, peeled and sliced
- 1/3 cup diced sun-dried tomatoes
- 1 tablespoon tomato paste
- 1/3 cup white wine
- 4 cups low-sodium chicken broth
- 1 15-ounce can cannellini beans, drained and rinsed
- 1/2 cup heavy cream, dairy or non-dairy
- 1 teaspoon dried thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon Italian seasoning
- 1 - 1 1/2 teaspoons salt, start with 1 and add more as needed
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 3 cups shredded rotisserie chicken
- 2 bay leaves
- 2 cups spinach

Instructions

- To a large pot or Dutch oven, add the olive oil and heat over medium heat.
- Add in the diced onion and saute for 2-3 minutes.
- Stir in the sliced carrots and saute for an additional 3 or so minutes, then add in the minced garlic and cook for 1 minute.
- Add in the sun-dried tomatoes and tomato paste and saute for 1-2 minutes.
- Pour in the white wine and let it simmer until it has cooked off. This alcohol will all cook off, but it will add a lot of flavor!
- Add in the chicken broth, beans, cream, and spices/salt and pepper. Leave out the bay leaves for now.
- Stir everything together, then scoop out about 1 cup worth and add to a blender. Blend until smooth, then pour back into the soup. This will help it thicken and create a nice creamy texture! You can skip this step if you aren't feeling it.

- Add in the chicken and bay leaves. Let simmer for at least 15 minutes to let all of the flavors absorb.
- Discard the bay leaves, then add the spinach and let it wilt. Taste and adjust flavors as desired. The soup will thicken as it sits, but if you prefer a thinner consistency can add in more chicken broth.
- Garnish with fresh parsley, red pepper flakes, and parmesan. Enjoy!

Notes

If you use full sodium chicken broth, just decrease the added salt by at least half.
Any kind of small white bean will work here, such as navy beans.

Serving: 1 bowl | Calories: 378 kcal | Carbohydrates: 6g | Protein: 37g | Fat: 23g
Saturated Fat: 8g | Sodium: 900mg | Fiber: 1g | Sugar: 2g