

# Tuscan Spinach and Pastina Soup

Submitted by Kellie Marr, 3<sup>rd</sup> Grade Teacher



## Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onions (about 1/2 sweet onion)
- 6 cups chicken bone broth or vegetable broth
- 3/4 cup pastina
- 3 cups baby spinach, finely chopped
- salt and black pepper to taste (amount of salt depends on saltiness of broth)

## Optional add-ins

- Parmesan rind (while cooking soup), shredded cooked rotisserie chicken
- **Garnish:** fresh herbs (chives, dill, basil), Parmesan cheese, splash of lemon juice

## Instructions

1. **SAUTÉ ONIONS:** Heat oil on medium-high heat. Add chopped onions and sauté for **3-4 minutes** until slightly caramelized. This will add good flavor to the soup.
1. **COOK SOUP:** Add chicken bone broth (or vegetable broth for a vegetarian soup). Cook for **5 minutes** to soften the onions. They will cook more with the broth.
1. **ADD PASTINA:** Bring soup to a boil. Add pastina. Lower heat to get a slow rolling boil and cook until pastina is al dente or as tender as you like it. About **5-6 minutes**.
1. **FINISH:** Add baby spinach. Stir until wilted, about **1 minute**. Taste and adjust seasonings. Garnish with herbs, parmesan cheese or lemon juice if you like and serve immediately.