



Veggie Lover's Chicken Soup

Serves 4

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, cubed or shredded*
- 2 medium zucchini, diced
- 2 large shallots or 1 yellow onion, finely chopped
- 1 teaspoon herbes de Provence, or Italian seasoning
- ¼ teaspoon salt
- 2 cloves fresh pressed or minced garlic (optional)
- 4 ripe plum tomatoes, chopped, or 1 can chopped tomatoes with liquid
- 4 cups bone broth
- ½ cup dry white wine or apple cider vinegar
- ¼ cup orzo, orecchiette, ditalini, or other small pasta
- 2 cups chopped fresh spinach
- Fresh lemon juice and grated Parmesan or Romano cheese (optional for garnish)

Directions:

1. If using raw chicken breast: In a Dutch oven or large, deep pot, heat oil over medium-high heat. Add raw, cubed chicken and brown till cooked through, about 3-4 minutes. Once cooked, transfer to a separate bowl, setting aside for later.
2. Add zucchini, shallots, herbes de Provence, and salt to pot. Cook, stirring often, until the veggies are slightly softened, about 3 minutes.
3. Add tomatoes, broth, wine, and orzo (or chosen pasta). Increase heat to high and simmer until pasta is tender, about 10 minutes. Extend simmer time to properly cook chosen pasta, rice, or legume.
4. Finally, stir in chopped spinach and chicken. Simmer for another 5 minutes.
5. Serve with a squeeze of lemon juice and some grated Parmesan, if using.