



There are a million versions of chicken soup. This one hoists the Italian flag high with a blend of spices and vegetables from those sunny shores. This savory soup of white meat chicken, carrots, celery, onions, tomatoes, spinach, and Italian herbs will have you singing an aria before you know it.

Yield: 10 -12 servings

2 boneless, skinless chicken breast diced into 1/2-cubes and patted dry
2 celery ribs, sliced 1/4" thick
1 carrot, sliced 1/8" thick
1 onion, diced small
2 cloves garlic, minced or pressed

3 cups canned diced tomatoes, with juice
1 tablespoon Italian spice blend – equal parts oregano, rosemary, thyme, marjoram
10 ounces spinach, frozen *
2 tablespoons canola oil

*You can use fresh spinach if you prefer, but in this dish it won't make much difference.

Sauté onions, celery, carrots, and onion in oil until tender. Add garlic late and continue cooking until fragrant.

Add broth and Italian spices and bring to a simmer.

Add chicken and simmer until cooked through.

Add tomatoes and spinach and bring back to a simmer.

Taste and adjust seasoning as needed.

The logo for Chef Heidi features a white chef's hat icon above the word 'Chef' in a red, cursive font, and the name 'Heidi' in a larger, black, bold, sans-serif font below it.

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