

# Tuscan Chicken Soup

Contributed by Blair D., Hopelink Harvest Volunteer

## Ingredients:

- 2-3 tablespoon olive or vegetable oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 6 medium carrots, chopped
- *Optional:* 3 medium stalks celery, chopped; 1 red bell pepper, chopped
- 1 zucchini, chopped
- 3 tablespoons flour
- 3 cups chicken broth or water
- 1 tablespoon Italian seasoning
- *Optional:* ½ teaspoon crushed red pepper flakes
- 1 can white beans, drained
- 1 can diced tomatoes
- 1 can chicken or 1 cup diced cooked chicken breast
- 1 cup spinach, kale, or collard, chopped
- Salt and pepper to taste

## Method:

1. Heat oil in large pot over medium heat. Add onion, garlic and carrots and sauté until tender (about 4-5 minutes). Add zucchini (and optional celery and bell pepper) and cook for another 2 minutes.
2. Sprinkle in flour and stir, cooking for 1 minute. Slowly add 1 cup of broth or water, continuously stirring until mixture starts to thicken. Slowly add remaining liquid.
3. Stir in seasonings, beans, diced tomatoes, and chicken. Simmer uncovered until heated through (about 10-15 minutes).
4. Add spinach or others green and cook for another 2-3 minutes.
5. Season with salt and pepper and serve hot. Enjoy!

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Growing Connections to Fresh Food

