

Italian Chicken Soup

Ingredients:

- 1 fennel bulb, chopped, reserve fennel fronds
- 1/2 cup onion, chopped
- 2 teaspoons olive oil
- 2 cups hot water
- 4 cups chicken broth, reduced sodium
- 1 teaspoon salt
- 1/4 teaspoon thyme, dried
- 1/4 dried basil
- 1/4 teaspoon pepper
- 2 cups chicken breast, cooked and cubed
- 1/2 cup orzo pasta, uncooked

Directions

1. In a Dutch oven, sauté fennel bulb and onion in oil until fennel is tender.
2. Add water, chicken broth, salt, thyme, basil, and pepper; bring to a boil.
3. Reduce heat, cover and simmer for 15 minutes.
4. Stir in chicken and orzo pasta. Cover and cook for 20 minutes or until orzo is tender; stir in fennel fronds and serve.

Nutrition Facts

Serving Size 1 1/2 cups (521g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 790mg **33%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 9g

Vitamin A 170% • **Vitamin C 25%**

Calcium 6% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

