

Melanie's Chicken Soup

YIELD: About 6 cups/servings soup

TIME:

10-15 minutes prep

30 minutes cook

EQUIPMENT:

Pot - at least 2 qts.

Cutting board

Good knife

INGREDIENTS:

Extra virgin olive oil

1 medium onion chopped

2 carrots, peeled and chopped

2 stalks celery, cleaned and chopped

3 cloves garlic, peeled and minced

2 cooked chicken breasts - cubed or shredded

1 qt. (4 cups) chicken stock + 1 cup (you can just use 1 cup water if you don't have more stock!)

1 tsp dried thyme

1 Bay leaf

Salt and pepper

Optional:

1 tsp lemon zest

1 Tbsp lemon juice

Chopped fresh parsley

Grated hard cheese such as parmesan, pecorino or asiago

Flexible starch additions:

1.5 cups cooked small pasta such as orzo, shells, elbows

1.5 cups cooked farro, brown, white or wild rice

2 cups asian egg noodles

2 cups canned cannellini or garbanzo beans

Method:

In soup pot, heat 2 tbsp olive oil over medium heat. Add chopped onion, celery and carrot and cooked until translucent (but not browned) for about 10 minutes, stirring occasionally. If onions are developing color, turn down your heat. We just want the veggies to "sweat!" During this phase, add 1 tbsp kosher salt and 1 tsp pepper and stir. After 10 minutes are up, add chopped garlic to pan and cook for about 1 minute. Next, add chicken stock, thyme and bay leaf and bring stock up to a low simmer for about 5 minutes. Taste and add seasonings as necessary - remember to taste and season as you go! Add chicken and cooked starch and turn stove down to low for 5 minutes. Again - taste and adjust those seasonings! If desired, top with lemon zest and/or juice, grated parmesan, a little drizzle of olive oil, fresh parsley - whatever your heart desires!. **ENJOY!**

Refrigerate leftovers for 4 days, freeze for up to 4 mos.