

Greek Chicken Soup with Garbanzos and Oregano

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-steamboat-soup-base-recipe>

Ingredients:

- 3 1/2 cups cooked chicken diced
- 15 1/2 ounces garbanzo beans chickpeas
- 1 onion diced small
- 14 1/2 ounces juice petite diced tomatoes with
- 2 tablespoons fresh oregano finely chopped, or use 2-3 tsp. dried oregano
- 1 teaspoon minced garlic or use garlic puree from a jar
- 1 teaspoon Greek seasoning If you don't have Greek Seasoning, see note below.
- 1 teaspoon base vegetable soup, I like Better than Bouillon Organic Vegetable Base
- 7 cups chicken stock homemade or canned
- 1/2 cup fresh parsley chopped
- crumbled feta cheese for serving, optional, but very good

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 10 grams
6. Protein: 35 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 420 milligrams
9. Sugar: 15 grams

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