

Spring Chicken Soup

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/spring-onion-soup-south-indian-recipe>

Ingredients:

- 2 slices bacon chopped
- 1 onion medium, chopped
- 1 1/2 cups sliced mushrooms roughly chopped
- 1/4 teaspoon sea salt
- 1/2 teaspoon black pepper
- 3 cloves garlic minced
- 4 cups spinach
- 2 carrots peeled and chopped
- 12 asparagus spears chopped into 1 1/2 inch pieces
- 2 boneless skinless chicken breasts cooked and shredded
- 15 ounces cannellini beans drained and rinsed
- 6 cups low sodium chicken stock
- 1 1/4 cups ditalini pasta or another short/small pasta
- 1/2 lime
- 1/3 cup Parmesan cheese grated
- 1 slice croutons optional
- fresh cilantro optional
- avocado optional
- romano cheese optional
- baguette optional
- green onions optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 30 grams

7. SaturatedFat: 3.5 grams
 8. Sodium: 580 milligrams
 9. Sugar: 4 grams
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