

Italian Chicken and Vegetable Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-and-vegetable-soup-recipe>

Ingredients:

- 2 cups chicken *, diced into small bite-size pieces
- 2 tablespoons olive oil
- 1 leek large, sliced in half and then slivered
- 5 cloves garlic minced
- 2 cups carrots sliced
- 1 cup celery thinly sliced
- 8 ounces marinara sauce I used some leftover 5 Minute Italian Marinara Sauce
- 28 ounces diced tomatoes petite
- 1 1/2 cups great northern beans cooked, or 1 can
- 1 tablespoon chicken bouillon I used Better Than Bouillon
- 1 teaspoon kosher salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon ground black pepper freshly
- 1 cup frozen corn
- 2 cups cabbage diced into 1" pieces

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 13 grams
6. Protein: 34 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1280 milligrams
9. Sugar: 16 grams

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