

# Italian Chicken Vegetable Soup

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-recipe-with-tomato-sauce>

## Ingredients:

- 1 pound sausage, breakfast, pork, pan, hot, raw breakfast, pork, pan, hot, raw
- 8 ounces bone-in skin-on chicken breast halves cut into 2–3 pieces
- 1 small onion diced
- 1/2 green bell pepper seeded and diced
- 1/2 cup carrots diced
- 2 cups mushrooms sliced
- 14 1/2 ounces tomatoes canned, stewed, Italian Style, Del Monte, diced
- 1 cup tomato sauce
- 1 tablespoon basil dried
- 1 1/2 teaspoons granulated garlic
- 1 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 2 bay leaves whole
- 1 quart chicken or Turkey Bone Broth recipe
- 2 cups zucchini cubed or sliced
- 1/2 cup grated Parmesan cheese

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 140 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 42 grams
7. SaturatedFat: 8 grams
8. Sodium: 720 milligrams
9. Sugar: 7 grams

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