

# Chicken Minestrone Alla All Our Way

Yield: 10 min  
Total Time: 261 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-grandma-gina-minestrone-soup-recipe>

## Ingredients:

- 2 chicken breasts with skin and bones
- 3 tablespoons olive oil
- 3 slices bacon or pancetta
- 3 garlic cloves peeled
- 3 tablespoons butter
- 3 carrots peeled, sliced
- 3 stalks celery sliced
- 1 onions large, chopped
- 2 zucchini small, washed, ends trimmed, sliced
- 3 cups fresh green beans cleaned and diced — you may add frozen
- 3 cups savoy cabbage shredded
- 1 1/2 cups baby kale
- 1 cup frozen peas
- 14 ounces cannellini beans Lima any kind you like drained or 1 3/4 cup frozen beans or even your choice of dried beans that have been...
- 14 ounces diced tomatoes in juice
- 1/4 cup flat leaf parsley
- 2 tablespoons fresh thyme leaves
- 2 tablespoons fresh oregano leaves
- 8 cups homemade chicken broth or low-sodium canned broth warmed
- salt
- pepper
- 1/3 cup grated Parmesan cheese freshly, if you have a piece of crust from a hunk of parmigiano-reggiano cheese you can add it to the...
- small pasta
- 1 bowl minestrone
- 2 tablespoons tomato paste Optional:, — deeper tomato flavor

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 5 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams

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