

Brodo di Pollo (Italian Chicken Soup)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/pollo-italian-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1/2 onions chopped, about 100 g
- 2 carrots thickly sliced, about 150 g
- 1 celery ribs thickly sliced, about 60 g
- 5 tablespoons tomato passata or substitute canned crushed tomatoes that you purée in a blender and then strain
- 6 chicken drumsticks or 2 chicken legs, about 650 g, preferably free-range
- 8 1/2 cups cold water
- 1/2 vegetable stock cube, optional
- sea salt
- 5 ounces pasta long, thin, such as taglierini or angel hair, or substitute a tiny pasta such as stelline, farfalline, or tortellini
- 1 tablespoon grated Parmesan cheese to serve

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 155 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 6 grams
8. Sodium: 500 milligrams
9. Sugar: 4 grams

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