

# BONUS

## CHICKEN AND SPINACH SOUP WITH FRESH PESTO

2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided  
½ cup carrot or diced red bell pepper  
1 large boneless, skinless chicken breast (about 8 ounces),  
cut into quarters  
1 large clove garlic, minced  
5 cups low-sodium chicken broth  
1½ teaspoons dried marjoram  
6 ounces baby spinach, coarsely chopped  
1 15-ounce can cannellini beans or great northern beans, rinsed  
¼ cup grated Parmesan cheese  
⅓ cup lightly packed fresh basil leaves  
Freshly ground pepper to taste  
¾ cup plain or herbed multigrain croutons for garnish (optional)

Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

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Serves 5  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 226  
Total Fat: 9g  
Saturated Fat: 2g  
Monounsaturated Fat: 5g  
Cholesterol: 29mg  
Sodium: 211mg  
Carbohydrates: 18g  
Dietary Fiber: 6g  
Total Sugars: 2g  
Added Sugars: 0g  
Protein: 19g  
Potassium: 525mg