

## **Roasted Vegetable-Rosemary Chicken Soup**

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### **INGREDIENTS:**

- 1 cup (1-inch) cubed carrot
- 1 cup (1-inch) cubed onion
- 1 cup coarsely chopped mushrooms
- 1 cup (1-inch) pieces celery
- 1 cup (1-inch) pieces red bell pepper
- 2 tablespoons extra virgin olive oil
- 1 cup water
- 2 tablespoons chopped fresh rosemary
- ¼ teaspoon salt
- 4 (14 oz.) cans fat-free, less-sodium chicken broth
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into ½-inch pieces
- 2 cups uncooked whole wheat rotini pasta

### **DIRECTIONS:**

Preheat oven to 375°.

Combine first 5 ingredients in a large bowl; drizzle with oil, and toss well to coat. Arrange vegetable mixture in a single layer on a jelly-roll pan lined with foil. Bake at 375° for 50 minutes or until browned, stirring occasionally.

Combine water and next 5 ingredients (through chicken) in a large Dutch oven; bring to a boil. Reduce heat, and simmer 30 minutes. Add roasted vegetables; simmer 30 minutes. Bring soup to a boil. Add pasta; simmer 10 minutes, stirring occasionally.

Yield: 8 servings (serving size: about 1 cup)