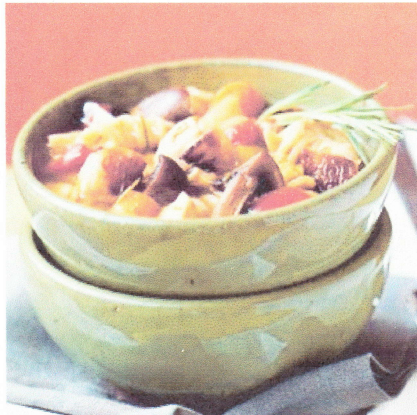




Roasted Vegetable-Rosemary Chicken Soup



Category Winner--Salads and Sides. "This hearty soup has a wonderful flavor because the vegetables are roasted first, which caramelizes and intensifies the taste." -Bev Jones, Brunswick, MO

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

Recipe from

Cooking Light

Nutritional Information

Calories 176
Calories from fat 25 %
Fat 4.8 g
Satfat 0.8 g
Monofat 3 g
Polyfat 0.7 g
Protein 17.9 g
Carbohydrate 15.5 g
Fiber 2.3 g
Cholesterol 33 mg
Iron 1.5 mg
Sodium 450 mg
Calcium 45 mg

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 extravirgin olive oil
1 cup water
2 tablespoons chopped fresh rosemary
1/4 teaspoon salt
4 (14-ounce) cans fat-free, less-sodium chicken broth
2 garlic cloves, minced
1 pound skinless, boneless chicken breast, cut into 1/2-inch pieces
2 cups uncooked whole wheat rotini pasta

Recipe needs
more
salt
- Fewer celery
(will dislike)

Preparation

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.

+ Bread

Get Ingredients

Bev Jones, Brunswick, Missouri, Cooking Light
JANUARY 2006