CHICKEN PASTA SOUP

Serves: 6   Ready in: 25 mins   Cost per serve: $1.70

Ingredients

1 tbsp canola or vegetable oil
400g raw chicken breast, diced
1 white onion, diced
2 medium carrot, diced
1 cup frozen peas
¼ tsp black pepper
1 ½ L salt reduced chicken stock
1 cup uncooked spiral pasta

Directions

1. Heat oil in a pot over medium-high heat.
2. Add chicken, onion, carrots, peas and pepper. Cook for 6 minutes or until chicken begins to brown slightly and vegetables are tender, stirring frequently.
3. Add broth and bring to a boil.
4. Add pasta and reduce heat to medium. Cook for 8 more minutes or until pasta is done.

Tips

Bulk up the dish with veggies such as potatoes, broccoli, leafy greens or mushrooms.

Opt for salt reduced or low sodium chicken stock and season with herbs to reduce salt intake.

Recipe adapted in Feb 2023 from: myrecipes.com

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