



# 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  
1½ 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.

