

Chicken & Spinach Soup with Pesto

2 teaspoons extra-virgin olive oil
1/2 cup carrot
1/4 cup onion
1 large clove garlic, minced
1/2-1 stick celery
1 large boneless, skinless chicken breast (about 8 oz), cut
into bite size pieces OR turkey
5 cups reduced-sodium chicken broth
1 1/2 teaspoons dried marjoram
6-9 ounces baby spinach
1-2 15-ounce can cannellini beans
Freshly ground pepper to taste

Optional, but I'd definitely recommend:
1/4 cup grated Parmesan cheese
1/3 cup lightly packed fresh basil leaves
1 tablespoon extra-virgin olive oil
OR
already prepared pesto



- ✦ Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add carrots, onions 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, marjoram, spinach and beans; bring to a boil over high heat. Reduce the heat and simmer for 5 minutes to blend the flavors.
- ✦ You can use store bought pesto OR 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. Stir pesto into the pot.
- ✦ Season with pepper to your taste. Garnish with croutons, if desired.