



Chicken Provencal Soup

Prep Time: 15 min

Cook Time : 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

715 Calories

6 total grams of fat

987 mg of sodium



INGREDIENTS: **** Items not included in kit**

- Salt & black pepper, to taste **
- 2 tablespoons olive oil **
- 1.5 lbs. cubed chicken
- 2 medium carrots, diced 1/4 inch
- 2 cloves garlic, chopped
- 2 medium zucchini, 1/2 inch dice
- 2 red bell pepper, 1/2 inch dice
- 1 medium onion, diced
- 1 tablespoon Herbs de Provence
- 1.5 lbs. red potatoes, cut into thin wedges
- (2) 32 oz. boxes chicken broth
- 14 oz. can diced tomatoes
- 4 TB black olive tapenade
- 1/4 cup fresh parsley, chopped
- Ciabatta rolls

DIRECTIONS:

1. Prep produce as listed in ingredients.
2. Heat a large soup pot over medium high heat. Add **2 tablespoons olive oil** and **cubed chicken**. Season with **salt & pepper** to taste and cook stirring occasionally for 5-8 minutes or until no longer pink. Add **diced carrots, chopped garlic, diced zucchini, diced red bell pepper, diced onion, Herbs de Provence** and **salt & pepper** to taste. Cook stirring occasionally for 5 minutes. Add **1 cup chicken broth OR 1 cup white wine** and scrape any bits off bottom of pan. Add **can of diced tomatoes, thin cut potato wedges** and remaining **chicken broth**. Cover pot and simmer for 10-15 minutes, or until potatoes are tender.
3. Serve soup by topping with **1 tablespoon olive tapenade** and **chopped parsley**.
4. Warm **ciabatta rolls** in 400 degree oven for 5-8 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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