

Tuscan Chicken Soup

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Carolyn T's
Cookbook

Servings: 8



3/4 pound lean ground beef, or veal
1 small fennel bulb, chopped
1 medium onion, chopped
2 whole cloves garlic, minced
4 cups low sodium chicken broth
2 cups low sodium beef broth
2 cups water
1/2 teaspoon dried oregano, crushed
2 whole bay leaves
1/2 teaspoon black pepper
1/2 cup orzo
4 cups escarole, shredded
4 ounces Parmesan cheese, shaved in planks
salt, to taste

Categories: Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 275 Calories;
13g Fat (43.8% calories from fat); 24g Protein; 14g
Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol;
586mg Sodium. Exchanges: 1/2 Grain(Starch); 3
Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Yield: 9 cups

Notes: To make cheese planks: use a cheese plane or sharp vegetable peeler. If you have leftovers, taste it when you reheat it as you may need to add additional water or broth.

Description: Really easy as long as you have the ingredients on hand.

Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

In a large saucepan or pot, cook the ground beef, onions, fennel and garlic over high heat, stirring as needed for about 5 minutes, until meat is browned and vegetables are softened. Drain off excess fat.

Add broths, water and seasonings and simmer for 10 minutes.

Bring up to a gentle boil, add the orzo and cook 10 more minutes, stirring twice. Remove bay leaves, add the escarole and remove from the heat. Taste and add salt if needed, or more pepper. Stir to blend in.

Divide the cheese planks into serving bowls, ladle the hot soup on the cheese and serve.