



delish

CHICKEN PARM SOUP



Chicken Parm Soup

(adapted from: www.delish.com)

TOTAL TIME: 0:35

PREP: 0:30

LEVEL: EASY

YIELD: 4

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 3 tbsp. tomato paste
- 1 tsp. crushed red pepper flakes
- 1 15-oz can diced or crushed tomatoes
- 6 c. low-sodium chicken broth
- 8 oz. (half box) penne
- 12 oz. breaded chicken (cooked and cut into 1" pieces) or cooked boneless skinless chicken breasts (cubed)
- 1 1/2 c. shredded mozzarella
- 1 c. freshly grated Parmesan, plus more for garnish
- 1 tbsp. freshly chopped parsley, plus more for garnish
- Coarse salt
- Freshly ground black pepper

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add onion and cook until tender and golden, 6 minutes. Add garlic and cook until fragrant, 1 minute more. Stir in tomato paste and crushed red pepper flakes.

2. Add canned tomatoes and chicken broth and bring to a simmer. Add penne and cook until al dente, 8 to 10 minutes, then add chicken, mozzarella, Parmesan, and parsley and season generously with salt and pepper. Let cheese melt, then ladle into bowls.

3. Serve topped with more Parmesan and parsley.



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