

Tupperware®

Serves: 4 • Serving size: 2 cups



PREP: 10 minutes
COOK: 10 minutes

Thatsa SOUP

3 tbsp. extra virgin olive oil
1 tbsp. garlic
¼ cup chopped onion
4 cups chicken stock
3 cups roasted vegetables
2 cups loosely packed greens
1 cup cooked rice or quinoa
2 cups cooked chicken, shredded (prep day/optional)

1. In the Chef Series II 4.3-Qt/4 L Sauteuse, heat olive oil over medium heat until shimmering. Add garlic and onion. Cook, stirring frequently, until fragrant, about 30 seconds.
2. Stir in chicken stock, vegetables, greens, rice and chicken. Bring to boiling, reduce to a simmer. Cook, stirring occasionally, 8 minutes.
3. Divide evenly between four bowls, serve warm.

Note: Try adding oregano and tomato paste for an Italian spin.

Nutritional Information (per serving):

Calories: 510 Total Fat: 13g Saturated Fat: 3g Cholesterol: 70mg
Sodium: 490mg Carbohydrate: 63g Fiber: 3g Sugar: 8g Protein: 34g
Vitamin A: 140% Vitamin C: 80% Calcium: 15% Iron: 20%

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