



# Chicken and Vegetable Soup with Parmesan Toast

8 Servings • 1 Serving = 1 Cup + 1 Slice of Toast

## INGREDIENTS

- 1 white onion, finely chopped
- 6 cups chicken stock
- 2 cups water
- 4 carrots, finely chopped
- 1 head of broccoli, chopped
- 1 handful of fresh thyme, roughly torn
- 1 handful of fresh sage, roughly torn
- 1 handful of fresh rosemary, roughly torn
- 1 cooked rotisserie chicken (whole or pre-shredded)
- 8 slices of French bread
- ½ cup parmesan cheese, grated

## DIRECTIONS

1. In a large stock pot, add the onion and sauté until it becomes translucent.
2. Add the chicken stock and water. Bring to a boil.
3. Add carrots, onion, broccoli, and herbs. Boil for 10 - 15 minutes and reduce to a simmer.
4. If using pre-shredded chicken, add chicken to the pot. If using a whole rotisserie chicken, shred and add to the pot. Simmer for 5 - 8 minutes.
5. While the soup is cooking, toast the bread. Remove from oven or toaster.
6. Divide parmesan cheese and sprinkle on top of each slice of bread. Place under broiler for 1 - 2 minutes until cheese has melted.
7. Remove from oven and set aside. Pour the soup into bowls and place toast on top of the soup.

Nutrition Facts	
8 servings per container	
Serving size	1 cup & 1 slice of toast (495g)
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 570mg	28%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 3mg	15%
Potassium 782mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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@CHEFSanAntonio

