

Chicken and Spinach Soup with Pesto

Ingredients:

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- ½ cup carrot or diced red bell pepper
- 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
- 1 large clove garlic, minced
- 5 cups reduced-sodium chicken broth
- 1 ½ teaspoons dried marjoram
- 6 ounces baby spinach, coarsely chopped
- 1 15-ounce can cannellini beans or great northern beans, rinsed
- 1/8 cup pre-made pesto
- Freshly ground pepper to taste



Instructions:

1. Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.
3. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.