

A Sutherland Belle

Chicken Parmesan Soup

INGREDIENTS

- 1 pound chicken tenders frozen
- 2 tablespoon olive oil
- 1 medium onion finely diced
- 3 cloves garlic, minced
- ½ teaspoon crushed red pepper flakes
- 3 tablespoons tomato paste
- 4 cups (32 oz.) chicken broth
- 2 14-ounce cans of crushed tomatoes
- 4 ounces (about 1 ½ cups) of penne or your favorite pasta
- 1 ½ teaspoon dried oregano
- 1 ½ teaspoon Italian seasoning
- ½ cup (2oz) shredded Parmesan
- 1 cup (4oz) shredded mozzarella divided
- Salt and pepper to taste
- Fresh parsley as garnish

INSTRUCTIONS

- Cook chicken tenders according to package directions. Cut into bite-size pieces and set aside.
- In a large pot with a lid, and heat oil over medium heat. Add onions and cook until they begin to soften and turn translucent around the edges, about 5 minutes.
- Add garlic and red pepper flakes and cook until fragrant about 1 minute. Stir in tomato paste and cook until the paste begins to stick and caramelize on the bottom of the pan, 1 to 2 minutes.
- Stir in chicken broth, crushed tomatoes, oregano, and Italian seasoning. Simmer for 8 minutes. Add pasta and cook, covered, until pasta is al dente, 10 to 12 minutes. Stir in parmesan and heat until chicken is warmed through and parmesan is melted.
- Gently fold in chicken tenders or serve separately as a topping. Add salt and pepper to taste.
- Ladle into bowls and top each bowl with 1/4 cup of mozzarella cheese. Garnish with fresh parsley. Enjoy!