

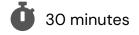




# Chicken & Bean Soup

## with Cheesy Toasts

With the cooler weather comes warming soups! This one features free-range chicken, satisfying beans, tender vegetables and lots of love.







Skip the soup!

If you don't feel like soup, you can make pasta bake instead. Dice and roast the vegetables. Mix with cooked chicken, boiled pasta, tomato paste, seasoning, and chopped parsley. Place in an oven dish, sprinkle over cheese, and return to oven to melt the cheese.

PROTEIN TOTAL FAT CARBOHYDRATES

100g

#### FROM YOUR BOX

BROWN ONION	1
CARROT	1
GARLIC CLOVES	2
CELERY STICK	1
TINNED MIXED BEANS	400g
TOMATO PASTE	1 sachet
CHICKEN TENDERLOINS	300g
CIABATTA	1 loaf
PARSLEY	1 packet
SHREDDED CHEDDAR CHEESE	1 packet

#### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried thyme, stock cube of choice, red wine vinegar

#### **KEY UTENSILS**

large saucepan, oven tray

#### **NOTES**

Add 2 tbsp flour at step 2 for a thicker soup. You can replace the thyme with dried herbs of choice like rosemary, oregano or mixed Italian.

You can remove the chicken and blend the soup for a creamy result. Return chicken to soup after blending.

No gluten option - bread is replaced with GF bread.



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## 1. PREPARE THE INGREDIENTS

Set oven to 250°C.

Dice onion and carrot, crush garlic, slice celery, drain and rinse beans.



## 2. COOK THE ONION

Heat a large saucepan with oil/butter. Add onion, 1 crushed garlic clove and 1 tsp dried thyme (see notes). Cook for 3-4 minutes until softened.



### 3. SIMMER THE SOUP

Add carrot, celery, beans, tomato paste, crumbled stock cube and 3 cups water to pan. Cover and bring to a simmer. Add chicken and cook for 15-20 minutes until cooked through and vegetables are tender (see notes).



## 4. MAKE THE CHEESY TOASTS

Slice ciabatta in half lengthways and place on lined oven tray. Chop parsley and mix half with cheese, 1 crushed garlic clove and 2 tbsp oil/butter. Spread over bread and toast for 5 minutes until bubbly and crispy.



## 5. SEASON THE SOUP

Shred **chicken** using 2 forks and return to soup (see notes). Season with **1/2 tbsp vinegar, salt and pepper.** 



## 6. FINISH & PLATE

Ladle **soup** into bowls, garnish with reserved **parsley**, and serve with sliced **cheesy bread**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



