

Chicken & White Bean Soup

Servings: 2

Adapted from Cooking Light April 2011

Ingredients

1 slice turkey bacon, chopped
3-4 skinless, boneless chicken thighs, trimmed and cut into 2-inch pieces
1/4 cup chopped onion
1/2 teaspoon minced garlic
1/2 cup chopped grape tomatoes
1/2 teaspoon dried oregano
1/8 teaspoon black pepper
1 cup water
1 cup fat-free, lower-sodium chicken broth
1/3 cup uncooked orzo (rice-shaped pasta)
1 (15-ounce) can cannellini beans, rinsed and drained
1 tablespoon chopped fresh flat-leaf parsley
1/2 tablespoon white wine vinegar

Preparation

1) Cook bacon in a large saucepan over medium heat 7 minutes or until crisp. Remove bacon from pan, reserving drippings in pan; set bacon aside.
2) Add chicken to drippings in pan; sauté 6 minutes. Remove chicken from pan. Add onion and garlic to pan; cook 4 minutes or until tender. Add tomato, oregano, and pepper; cook for 1 minute, stirring constantly. Return bacon and chicken to pan.
3) Stir in water and broth, scraping pan to loosen browned bits. Bring to a boil. Add orzo, and cook for 9 minutes or until al dente. Add beans; cook 2 minutes or until heated. Remove from heat; stir in parsley, vinegar, and salt.