

TUSCAN CHICKEN NOODLE SOUP

IN PARTNERSHIP WITH UK HEALTHCARE

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 pound ground chicken
- 1 cup frozen chopped onions
 - May substitute with 1 small onion, diced
- 1 can (15 ounce) low sodium diced tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon parsley
- ½ teaspoon crushed red pepper (optional)
- ½ teaspoon black pepper
- ½ cup whole wheat orzo
 - May substitute with another small pasta or brown rice*
- 1 cup shredded carrots
- 1 box (32 ounces) low sodium chicken or vegetable stock
- 1 can (15 ounce) low sodium cannellini beans, rinsed and drained
- 1 bag (5 ounces) fresh spinach
- ½ teaspoon salt

*Be sure to adjust cooking time if substituting the orzo.

INSTRUCTIONS

1. In a large pot with a tight-fitting lid, heat 1 tablespoon olive oil over medium heat.
2. Cook the ground chicken, then drain and set aside.
3. Add remaining tablespoon olive oil to the pot and sauté the onions for 5-7 minutes.
4. Add the tomatoes, garlic powder, basil, parsley, red pepper, black pepper, orzo, carrots, stock, and beans.
5. Return cooked chicken to the pot.
6. Bring to a boil, reduce heat, then cover and simmer for 10 minutes, stirring occasionally.
7. Add spinach and continue simmering until wilted, 1-2 minutes.
8. Serve with parmesan and a squeeze of lemon if desired.

SERVES: 6

COOK TIME: 30 MINUTES



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NUTRITION FACTS

Check the label

How This Soup Supports Healthy Blood Sugar Levels

This simple soup is ideal for managing diabetes due to its balanced, low-glycemic ingredients. Lean ground chicken provides high-quality protein that promotes fullness and maintains stable blood sugar levels. The inclusion of colorful vegetables like tomatoes, onions, carrots, and spinach supplies essential vitamins and minerals, including Vitamin A, Vitamin C, and iron. It is also rich in antioxidants, which are crucial for overall health and help mitigate oxidative stress, a common concern in diabetes management.

Full of Fiber

The whole wheat orzo and cannellini beans in the soup are both high in fiber, which plays a significant role in regulating blood sugar levels by slowing down the absorption of carbohydrates. This helps prevent sudden spikes in blood glucose levels after meals.

Nutrition Facts	
servings per container	
Serving size	(464g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 606mg	15%
<small>*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.</small>	

This meal is also low in sodium and saturated fat to protect your heart health.