

Chicken Vegetable Soup



- 8 ounces frozen mixed vegetables
- 1 tablespoon water
- 1 (12.5 ounce) can white chicken in water, undrained
- 1 (32 ounce) box chicken stock
- 1 gluten-free chicken bouillon cube
- 1/2 teaspoon dried chives
- 1/8 teaspoon dried, minced garlic
- 1 1/2 cups uncooked gluten-free pasta

In a large microwave safe bowl, combine frozen vegetables and water. Cover with a microwave safe plate and cook on high for 3 minutes. Stir vegetables, cover, and cook for an additional 3 minutes. Remove vegetables from microwave. Add chicken, stock, bouillon cube, chives, garlic, and pasta. Stir.

Return soup to microwave and cook for 5 minutes. Stir. Cook an additional 10 minutes, stirring halfway through cooking time. When cooking time is complete, allow soup to sit in microwave for 2 minutes. Serve warm. Refrigerate or freeze any leftovers.

Serves 4

Cook's Note: Picture shows a vegetable blend of carrots, green beans, corn, and peas. If using steam-in-bag frozen vegetables, follow manufacturer's cooking directions. Place cooked vegetables in the large bowl and add remaining ingredients. Cook according to recipe directions. To reduce sodium content, drain the can of white chicken in water and use a reduced sodium chicken stock. Recipe was tested in a 700 watt microwave oven with a turntable.