

## Chicken and Corn Soup

Total Time: 45 min

Serves: 4

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1/2 medium onion, diced
- 1/2 pound boneless, skinless chicken, cut into 1/2-inch pieces
- 5 cups chicken stock
- 1/2 teaspoon ground cumin
- 1/2 teaspoon thyme leaves, plus more for serving
- 2 ears of corn, shucked (about 2 cups)
- 2 stalks of celery, sliced
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

### How to Make It

#### Step 1

In a stockpot, heat the olive oil over medium-high heat. Stir in the onion and cook until softened, about 2 minutes. Stir in chicken and cook for 3 to 5 minutes or until lightly browned.

#### Step 2

Add the chicken stock, cumin and thyme leaves. Bring to a gentle boil and then reduce heat and simmer for about 15 minutes. Stir in the corn and celery and simmer for 5 minutes or until vegetables are tender. Season with salt and pepper to taste, garnish with thyme.

# Summer Minestrone Soup

- **Prep time:** 20 minutes
- **Cook time:** 30 minutes
- **Yield:** Serves 4

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1/2 cup diced onion (about 1/2 onion)
- 1/2 cup sliced leeks, white and light green parts, about 1/2 leek
- 1/2 cup diced celery (about one celery rib)
- 1/4 cup diced red bell pepper (about 1/4 of one bell pepper)
- 3 cloves garlic, minced (about 1 Tbsp)
- 6 cups chicken stock (can use good quality vegetable stock for vegetarian option)
- 1 bay leaf
- 1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- 1 teaspoon kosher salt (add more salt if using unsalted stock)
- 2 cups large dice zucchini (or other summer squash)
- 1 cup fresh green beans, trimmed and cut into 1-inch lengths
- 2 roma tomatoes, diced
- 1/2 cup cooked small white beans
- 1/2 cup dry ditalini or any small pasta (omit for gluten-free option)
- Fresh basil for garnish
- Grated Parmesan cheese for garnish (optional)

## Preparation

**1 Sauté onions, leeks, celery, bell pepper, garlic, in olive oil:** Heat 1 Tbsp of olive oil in a large, thick-bottomed pot on medium high. Add the diced onion, leeks, celery, and bell pepper.

Cook for 8 to 10 minutes until softened, lowering the heat to medium to prevent browning.

Add the minced garlic and cook for a minute more, until fragrant.

**2 Add stock, seasonings, beans, pasta, vegetables, then simmer:** Add the chicken stock, bay leaf, thyme, and salt to the pot. Increase heat to bring to a simmer, then add the zucchini, green beans, tomatoes, white beans, and pasta.

Heat to a simmer again and lower the heat to maintain a steady simmer. Cook for 10 minutes until the vegetables and the pasta are cooked through.

**3 Garnish with basil and Parmesan:** Garnish with thinly sliced fresh basil and grated Parmesan