

## Chicken Soup



Serves 4

### Ingredients:

- 100 g skinless, boneless chicken breasts cut in bite-size pieces
- 2 tsp vegetable bouillon
- 5 cups water
- 2/3 cup sliced celery
- 1/2 cup sliced carrot
- 1/4 cup chopped onion
- 1 tbsp dried parsley
- 1/2 cup frozen peas
- 1 cup uncooked medium-size sea shell pasta

### Procedure:

- In a medium saucepan, combine chicken with vegetable bouillon diluted in the water, celery, onion and parsley.
- Simmer, covered until the vegetables are soft.
- Add peas and pasta.
- Cook about 15 minutes or until pasta is tender.

### Per serving:

- Calories: 142
- Protein: 15 gm
- Carbohydrates: 18 gm
- Fat: 1 gm

This will remind you of real homemade chicken soup but without all the work!