

# KITCHEN SINK SOUP



Serves 10-12



## INGREDIENTS

- **This meal works with almost anything you have in your fridge/pantry!**
- 2-3 stalks of carrots, chopped
- 2-3 stalks of celery, chopped
- 3-4 zucchini, chopped
- ½ onion, chopped
- 1-2 tbs minced garlic
- ½ cup mushrooms, chopped
- 1 ½ cups of chicken, shredded
- 2 cups of whole wheat pasta (rotini or elbows recommended)
- 2 14 oz cans of diced tomatoes
- 2 32 oz cartons of low-sodium chicken broth
- ¼ cup basil, chopped
- salt, pepper, and Italian seasoning to taste

## DIRECTIONS

1. Cook pasta as directed on the package. Drain and set aside.
2. Cut everything into bite size pieces. Place oil of choice in a stock pot and add in carrots, celery, onion, and garlic.
3. Let the vegetables cook down until the onion is translucent or the aroma is strong.
4. Add in the chicken broth and tomatoes and cook until you have a small boil.
5. Add in the rest of the ingredients and the pasta and cook for another 5-8 minutes.
6. Serve and ENJOY!

### notes

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