



## **Mediterranean Comfort Chicken Soup**

*It's so good for the soul and spirit*

### **Chicken Ingredients:**

- 1 Tablespoon olive oil
- 4 boneless, skinless chicken thighs
- Salt; ground black pepper as desired
- 2 teaspoons chopped fresh rosemary

### **Soup Ingredients:**

- 1 cup (each) peeled sliced/chopped carrot; celery; onion
- 3/4 cup parsnip, peel, sliced/chopped
- 8 ounces fresh Baby Bella mushrooms, washed, sliced/chopped
- 3 garlic cloves, peeled, minced
- 32 ounces chicken stock
- 1 Tablespoon Greek seasoning
- 1 (15 ounce) can chickpeas, drained
- 1 to 2 cups water or chicken stock as needed

1 Tablespoon lemon juice

**Stir in** 2 cups sliced fresh spinach

1/2 cup roasted red peppers, sliced, chopped

1/3 cup Kalamata black olives, sliced, chopped

**Topping:** Crumbled Feta cheese as desired

Serve with: Precooked (10 minutes) Bulgur Wheat

**Cook Chicken:** Heat olive oil in a Dutch Oven or large soup pot, cook chicken thighs, seasoned with salt, black pepper, and rosemary. Cook over medium high heat about 15 minutes, turning to lightly brown both sides. Remove cooked chicken to plate to cool. When cooled, cut chicken into rustic bite-size pieces.

**Prepare Soup:** Place; carrots, celery, onions, and parsnips in pot drippings; cook over medium heat for 5 minutes to soften; add mushrooms; cook for 5 minutes; stir in garlic, combine 1 minute. Add 32 ounces chicken stock, Greek seasoning, drained chickpeas, and reserved chicken thigh pieces. Bring to a boil; reduce heat to low; simmer 10 to 15 minutes to combine flavors. Add water or chicken stock if needed. Stir in lemon juice; season with additional salt and black pepper to taste. Stir in sliced fresh spinach, roasted red pepper pieces, and chopped black olives. Cook only to soften spinach. Serve bowls of soup sprinkled with crumbled feta cheese and a dollop of cooked bulgur wheat grain. Serves: 4 to 6

**Cook's Note:** I used Zorzi Bulgur Wheat, which is precooked and ready in 10 minutes. It is cooked just like a pasta so it's easy to prepare. It's a wonderful addition to the soup.

**About the Recipe:** Some healthy soups are delicious, but this one is extra special! It's warm, comforting, and the kind of soup you will want to make again and again. Every spoonful seems to have a different flavor blend, that energizes your spirit and warms your soul. It's easy to make, and like many Mediterranean recipes, it uses lots of fresh vegetables.