



Chicken Minestrone

Excellent

2 Tablespoon Olive Oil
1 Onion finely chopped
1/4 teaspoon cayenne pepper
1/4 teaspoon dried garlic
1/2 Tablespoon parsley
1/2 teaspoon pepper
6 cups of water
6 packets Herb Ox sodium Free Chicken bouillon
1/2 teaspoon thyme
1 1/2 chicken breast halves cut into 1" pieces
1 15oz can Garbanzo beans
2 8 oz cans tomato Sauce
1 15 oz can kidney beans
1 Cup some small GF pasta Quiona Shells work well

cook chicken onions and spices in oil in large soup pot. Dissolve bouillon powder in water add to pot. Add rest of ingredients simmer for at least 30 minutes. This recipe also works well in the crock pot. Cook onion and chicken add to crockpot. Dissolve bouillon powder in water add to pot. Add rest of ingredients except pasta to crock pot cook on high at least 4 hours or on low all day. Add pasta for last 15 to 20 minutes while you set the table.

<http://www.lincolntent.com/GFCF-Soup.html>