

Roasted Chicken with Caramelized Onion Soup

campbells Kitchen

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

2 teaspoons vegetable oil

2 medium onions, cut in half and thinly sliced

8 cups chicken broth

1/8 teaspoon ground black pepper

2 medium carrots, sliced

2 stalks celery, sliced

3/4 cup trumpet-shaped pasta (campanelle), uncooked

2 cups roasted chicken, cut into strips

Heat oil in a 10-inch skillet over medium-high heat. Add onions and cook until they begin to brown, stirring occasionally. Reduce heat to medium. Cook until onions are tender and caramelized, stirring occasionally. Remove skillet from heat.

Heat broth, black pepper, carrots and celery in a 4-quart saucepan over medium-high heat to a boil. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until pasta is tender. Stir in onions and serve immediately.

Per Serving (excluding unknown items): 158 Calories; 5g Fat (32.7% calories from fat); 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 1074mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.