Dinner Tonight!

Hearty Chicken Soup

1 small onion, chopped   1 – 15 ounce can diced tomatoes, undrained
1/4 cup light Italian dressing  1 teaspoon dried basil leaves
2 boneless, skinless chicken breasts  1 – 15 ounce can white beans, drained
2 cloves garlic, minced  1 cup reduced-fat mozzarella cheese, shredded

Wash your hands and clean your cooking area. Cut chicken breasts into 1 inch cubes and set aside. In a medium saucepan, add onions and dressing. Cook on medium heat for 3 minutes, stirring occasionally. Add chicken and garlic to pan and continue cooking until chicken is no longer pink, about 5 minutes. Stir in tomatoes and basil and simmer for an additional 10 minutes. Add beans and cook for 2 minutes, stirring occasionally. Before serving, top with shredded cheese.

Preparation Time: 10 minutes
Cook Time: 20 minutes
Serves: 4
Cost Per Serving: $0.92

Nutrition facts per serving
Calories: 325
Total Fat: 7 g
  Saturated Fat: 2.5 g
  Trans Fat: 0 g
Cholesterol: 75 mg
Sodium: 420 mg
Total Carbohydrate: 28 g
Fiber: 9 g
Protein: 34 g

Serve with: A slice of rye bread, fruit