

CHICKEN-VEGETABLE SOUP WITH PARM AND LEMON

6 -8 servings

- **1 tablespoon olive oil**
- **4 boneless, skinless chicken thighs—trimmed and diced**
- **Kosher salt and fresh ground pepper**
- **1 large onion, diced**
- **2 each: sliced carrots and celery**
- **1 fennel bulb, cored and diced**
- **1 cup chopped cabbage**
- **2 cloves garlic, minced**
- **2 tablespoons fresh dill weed or 1 tablespoon dried dill weed**
- **Handful chopped fresh parsley**
- **1/4 cup white wine, optional**
- **2 cups water**
- **8 cups low-sodium chicken broth**
- **Small Parmesan rind**
- **2 seeded lemon slices**
- **1 15-ounce can chopped tomatoes**
- **A few drops of hot sauce or to taste**
- **2 tiny new potatoes, unpeeled, diced**
- **1/2 cup sliced fresh green beans**
- **1 small zucchini, diced**
- **1/4 cup frozen or fresh corn**
- **Handful sliced fresh spinach**

In an 8 or 10-quart soup pot, heat oil over medium flame and add chicken. Sprinkle generously with salt and pepper and cook, stirring, 2 or 3 minutes until chicken has nearly lost all pinkness. Stir in onions, carrots, celery, fennel, cabbage, add another 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook until vegetables are beginning to soften, about 5 minutes. Stir in garlic, dill, and parsley and cook another minute or two. Pour in wine and let cook down for several minutes. Add water, broth, Parmesan rind, lemon slices, tomatoes, and hot sauce as desired. Bring to a boil; add potatoes and green beans. Turn heat down to simmer and let soup cook until all of the vegetables are nearly tender. Add zucchini, corn, and spinach and cook just a few more minutes until zucchini is nearly, but not quite, tender. Taste and adjust seasonings. Serve hot. Copyright Alyce Morgan, 2017 moretimeatthetable.com