



#MakeItGAP

RECIPES

CHICKEN AND KALE TORTELLINI SOUP

YIELD: 8 Servings

INGREDIENTS:

- 1 lb. boneless skinless chicken breasts, cut into 1-1/4-inch cubes
- 2 garlic cloves, *minced*
- 1-1/2 tsp. Italian seasoning
- 1/4 tsp. pepper
- 6 cups chicken broth
- 1 package (20 oz.) refrigerated cheese tortellini
- 1 can (15 oz.) cannellini beans, *rinsed and drained*
- 1 jar (7.5 oz.) marinated quartered artichoke hearts, *drained and coarsely chopped*
- 4 cups coarsely chopped fresh kale
- Shaved Parmesan cheese

PREPARATION:

Place first 5 ingredients in a 5- or 6-qt. slow cooker. Cook, covered, on low 2-3 hours, until chicken is no longer pink.

Stir in tortellini, beans, artichoke hearts and kale. Cook, covered, on low about 30 minutes, until tortellini and kale are tender, stirring halfway through cook time. Serve immediately. Top with Parmesan cheese.

Recipe adapted from tasteofhome.com