

Creamy Chicken Tomato Soup

ingredients

- 2 tbsp olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 3 tbsp almond flour
- 3 cups chicken broth
- 28 ounces diced tomatoes with juice
- 2 cups water
- 3 tbsp tomato paste
- 3 cups chopped zucchini
- 3 cups brown rice pasta (I find rotini works best), uncooked
- 1/2 cup non-dairy mozzarella cheese
- 3 cups chopped spinach
- 1/3 cup almond milk
- 2 tbsp basil
- 1 boneless chicken breast, cooked and chopped or shredded

instructions

Heat olive oil in stock pot, add onion and cook until translucent, adding a bit of water if needed. Add garlic and sautee until fragrant. Add almond flour and combine to make a roux. Add Italian seasoning, chicken broth, diced tomatoes with juices, water and tomato paste. Stir and bring to a boil. Add chopped zucchini and allow to cook roughly 5 minutes. Add brown rice pasta and allow to cook until desired tenderness of pasta. Turn down heat to simmer. Add the non-dairy cheese and allow to melt. Gradually stir in almond milk. Add basil and spinach and allow to cook about 5 minutes. Stir in chicken and simmer 20 minutes to allow flavors to combine and develop.

