



## Italian Wonderpot

Yield: 6 servings

Source: [www.budgetbytes.com](http://www.budgetbytes.com)

### Ingredients:

- 4 cups reduced sodium vegetable broth
- 12 oz whole wheat pasta
- 2 cups cooked chicken
- 1 cup frozen chopped spinach
- 1 (28 oz) no-salt-added diced tomatoes
- 1 medium onion, chopped
- 2 teaspoons diced garlic
- ½ tablespoon dried basil
- ½ tablespoon oregano
- ¼ teaspoon red pepper flakes
- Pepper, to taste

### Directions:

1. In a large pot add vegetable broth, whole wheat pasta (broken in half), chicken, spinach, tomatoes, onion, garlic, basil, oregano, red pepper flakes and pepper. Make sure all ingredients are submerged in liquid.
2. Bring covered pot to a full boil over high heat.
3. Remove lid and turn heat down to medium. Continue to boil pot, without lid, stirring occasionally, for 10 – 15 minutes or until pasta is cooked and most of the liquid has been absorbed.

### Nutrition information:

Serving size: 1/6 of soup

Calories: 340

Fat: 4g

Sodium: 474mg

Carbohydrates: 53g

Fiber: 11g

Protein: 28g