

## Roasted Vegetable-Rosemary Chicken Soup ▲

"This hearty soup has a wonderful flavor because the vegetables are roasted first, which caramelizes and intensifies the taste."  
—Bev Jones, Brunswick, MO

- 1 cup (1-inch) cubed carrot
- 1 cup (1-inch) cubed onion
- 1 cup coarsely chopped mushrooms
- 1 cup (1-inch) pieces celery
- 1 cup (1-inch) pieces red bell pepper
- 2 tablespoons extravirgin olive oil
- 1 cup water
- 2 tablespoons chopped fresh rosemary
- ¼ teaspoon salt
- 4 (14-ounce) cans fat-free, less-sodium chicken broth
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into ½-inch pieces
- 2 cups uncooked whole wheat rotini pasta

1. Preheat oven to 375°.
2. Combine first 5 ingredients in a large bowl; drizzle with oil, and toss well to coat. Arrange vegetable mixture in a single layer on a jelly-roll pan lined with foil. Bake at 375° for 50 minutes or until browned, stirring occasionally.

3. Combine water and next 5 ingredients (through chicken) in a large Dutch oven; bring to a boil. Reduce heat, and simmer 30 minutes. Add roasted vegetables; simmer 30 minutes. Bring soup to a boil. Add pasta; simmer 10 minutes, stirring occasionally. Yield: 8 servings (serving size: about 1 cup).

CALORIES 176 (25% from fat); FAT 4.8g (sat 0.8g, mono 3g, poly 0.7g); PROTEIN 17.9g; CARB 15.5g; FIBER 2.3g; CHOL 33mg; IRON 1.5mg; SODIUM 450mg; CALC 45mg

