

# BC CHICKEN MINISTRONE



## INGREDIENTS

Canola/Olive Oil	60 ml	Italian Parsley, chopped	1 bunch
Onion, diced	350 g	Basil, chiffonade	1 bunch
Carrot, diced	175 g	Salt & Pepper	to taste
Celery, diced	175 g		
Bell Pepper, diced	250 g		
Zucchini, diced	250 g		
Garlic, minced	4 cloves		
Tomato, diced	600 g		
White Wine	250 ml		
Chicken Stock	4 L		
Kale, julienne	600 kg		
White Navy Beans, cooked	700 g		
Chicken, cooked and shredded	600 g		

## DIRECTIONS

1. Heat oil in a large soup pot.
2. Add onion, carrot, celery, bell pepper, zucchini, garlic and tomato. Season with salt and pepper and sauté for 10 – 15 minutes.
3. Add white wine and reduce by half.
4. Add chicken stock and simmer for 15 minutes.
5. Add kale, white navy beans and chicken. Simmer 10 minutes more.
6. Stir in parsley and basil. Season with salt and pepper.