

Potato Harvest Soup

4 servings

- 1 can (14.5 ounces) reduced-sodium chicken broth
- $\frac{1}{2}$ cup water
- 1 pound (3 medium) potatoes, cut into $\frac{1}{2}$ -inch cubes
- 1 medium carrot, cut into $\frac{1}{4}$ -inch slices
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into $\frac{1}{4}$ -inch slices
- 3 green onions, sliced
- 2 teaspoons dried basil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

1. In 3-quart saucepan over medium heat combine broth and water. Cover and bring to boil.
2. Add potatoes and carrot; cover and cook 5 minutes. Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes.
3. Season with salt and pepper.

Nutrition Per Serving: Calories: 230, Fat: 2g, Carbohydrate: 24g, Protein: 31g, Vitamin C: 29mg, Potassium: 988mg

