

Choco Fever Dream

Chicken Pastina Soup – Quick & Hearty Comfort

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 lb chicken breast, diced
- [ ] 1 small onion, finely chopped
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 2 garlic cloves, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 1/2 cup pastina (tiny stars or elbows)
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tbsp grated Parmesan cheese
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional garnish)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery; sauté until softened, about 5 minutes.
2. Add the garlic and chicken pieces; cook until the chicken is lightly browned, about 3 minutes. bone broth flavor begins to develop.
3. Pour in the chicken broth, bring to a gentle boil, then reduce to a simmer. Let it cook for 10 minutes, allowing the flavors to meld.
4. Stir in the pastina and cook for 4-5 minutes until tender. Finish with lemon juice, Parmesan, and season with salt and pepper.
5. Serve hot, garnished with fresh parsley. For a heartier version, try adding a splash of cream or a handful of garlic wraps.

Nutrition per serving

320 kcal	28 g	25 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the broth before serving; adjust salt and pepper as needed.
- If the soup thickens too much, add a little water or extra broth.
- For extra depth, stir in a pinch of dried thyme during simmering.