

Chicken Vegetable and Oat Soup

1 cup uncooked oats
½ cup water
Dash of salt
Cooking spray
1 ½ cups chopped onion
1 cup chopped celery
¾ cup chopped carrot
1 cup diced zucchini
2 garlic cloves, minced
4 cups fat-free, less-sodium chicken broth
2 cups chopped skinless, boneless rotisserie chicken breast
1 cup (1-inch) cut green beans
2 teaspoons chopped fresh thyme
½ teaspoon salt
2 tomatoes, diced
1 cup frozen green peas, thawed
1/3 cup chopped fresh basil

Combine oats, water and salt in a microwaveable container. Cook according to package instructions. Set aside.

Heat pan coated with cooking spray over medium-high heat. Add onion, celery, and carrot; sauté 8 minutes or until tender. Add zucchini and garlic; sauté 2 minutes. Add cooked groats, broth, and next 5 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in peas and basil.

Yield: 6 really hearty servings (serving size: about 1-2/3 cups)

Notes: Next time I would try making this with less chicken or without the chicken completely.