



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	510
% Daily Value	
Total Fat	27g42%
Saturated Fat	9g45%
Cholesterol	55mg18%
Sodium	1370mg57%
Total Carbohydrate	41g14%
Dietary Fiber	3g12%
Protein	24g48%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté chicken, Italian seasoning, salt and pepper in 2 tbsp (30 mL) oil for 5 to 8 minutes or until chicken is cooked through.
3. Stir chicken and tomato sauce into soup; bring to simmer. Stir in pasta; cook for 3 to 5 minutes or until heated through.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into heatproof serving bowl or crock. Sprinkle with 1/4 cup (60 mL) mozzarella cheese, 1 tsp (5 mL) each bread crumbs and Parmesan cheese. Drizzle with 1 tsp (5 mL) remaining oil. Before serving, broil for 1 to 2 minutes or until cheese is melted and topping is golden brown. Sprinkle with 1 tsp (5 mL) parsley.