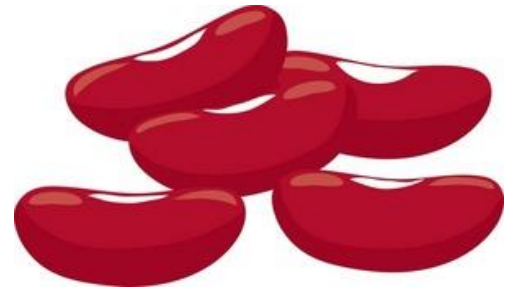


Chicken Pasta Fagioli Soup

Ingredients:

Ground chicken	0.25 kg (or 0.5 pound)
Vegetable oil	1 Tablespoon
Onion, chopped	1 small
Carrot, chopped	1
Celery, chopped	1
Garlic powder	2 teaspoons
Parsley	2 teaspoons
Oregano	2 teaspoons
Basil	2 teaspoons
Salt	1 teaspoon
Water	4 cups
Pasta, small shells	1 cup
Kidney beans, drained and rinsed	1 can (398 mL)
Tomatoes, diced	1 can (540 mL)



Directions:

1. Add ground chicken, oil, onion, carrot, celery and all spices to a large pot. Break up meat into small pieces with a large spoon. Cook meat until no longer pink inside.
2. Add water to pot. Increase heat to high and bring to a boil. Add pasta and turn down to medium-high to simmer. Cook pasta for 10 minutes or until tender.
3. Add kidney beans and tomatoes. Return to a boil. Turn off element and serve soup.

Serves 6

Tips:

- Use any type of small pasta instead of the shells: macaroni, broken up spaghetti, etc.
- At 9 months, babies are ready for finger foods like kidney beans and small cooked pasta.