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# Southern Italian Chicken Soup

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 45 minutes

Start to Finish Time: 50 minutes

**1 large onion, diced**  
**1 rib celery, thinly sliced**  
**2 carrots, chopped**  
**1 clove garlic, minced**  
**3 tablespoons olive oil, divided**  
**6 cups chicken broth**  
**1 can (14.5 ounce) diced tomatoes**  
**1 teaspoon dried crushed red pepper**  
**4 (six to eight ounce) boneless/ skinless chicken breasts**  
**1/2 teaspoon table salt**  
**1/2 teaspoon black pepper**  
**2 cups sliced fresh okra**  
**1 can (15.5 ounce) black-eyed peas, drained and rinsed**  
**1 package (9 ounce) refrigerated cheese-filled tortellini**  
**freshly grated Parmesan cheese (for serving)**

In a large Dutch oven over medium-high heat, cook the onion, celery, carrots and garlic in two tablespoons of hot oil, stirring often, until tender, 3 to 5 minutes. Stir in the broth, tomatoes, Italian seasoning and red pepper. Bring to a boil, stirring occasionally. Reduce the heat to medium and simmer, stirring occasionally, for 10 minutes.

Meanwhile, sprinkle the chicken with salt and black pepper. Cook in the remaining one tablespoon of hot oil in a large nonstick skillet over medium-high heat for 5 minutes on each side or until lightly browned. Cool slightly (about 5 minutes). Cut into one-inch pieces.

Add the okra, black-eyed peas and chicken to the Dutch oven. Simmer, stirring occasionally, for 10 minutes or until the okra is tender. Add the tortellini. Cook, stirring occasionally, until the tortellini is done, about 3 minutes.

Serve with Parmesan cheese.

## Soup, Stew and Chili

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*Per Serving (excluding unknown items): 163 Calories; 6g Fat (35.2% calories from fat); 9g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 734mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.*