



Ingredients

- 1/8 cup good olive oil
- 1/2 cup chopped low sodium turkey bacon
- 1 1/2 cup Diced or shredded chicken breast or thighs
- 2 cups diced onions
- 1 cup diced carrots
- 1 cup diced celery or leeks
- 1 cup diced mushrooms
- 4 – 6 cloves garlic- rough chopped
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes, more to taste
- 1 Tbsp freshly chopped thyme (or sub 1 tsp dried)
- 1 tsp dried basil
- 1 tsp dried rosemary
- 1 tsp maple syrup
- 1 Tbsp Miso paste
- 2–3 medium tomatoes – diced (or a 14-ounce can diced tomatoes or fir
- 1 Tbsp balsamic vinegar
- 1 medium russet potato, peeled and 1/2-inch diced, about 1 1/2 cups
- 3-5 cups chopped spinach, lightly packed or frozen
- 1/4 cup chopped parsley
- 1/2 can full-fat coconut milk
- Splash white wine (optional)
- 6 cups chicken or veggie stock
- 1 can cannellini beans (drained, rinsed), or great northern white beans
- 1/2 cup chopped fresh Italian parsley leaves
- 1 teaspoon salt
- 2 T Nutritional yeast

Directions

1. In a large, heavy-bottom pot or Dutch oven, heat oil over medium heat. Add onions, mushrooms and turkey bacon and sauté 5-6 minutes.
2. Lower heat to med-low and add the carrots, celery and garlic, salt, pepper, diced chicken, herbs and chili flakes, and cook another 6-8 minutes until vegetables are tender.
3. Add the tomatoes, spinach, miso paste, a splash of white wine, vinegar and sugar and continue sauteing and stirring occasionally for 7-8 minutes.
4. Add the stock, diced potatoes and beans. Bring to soup to boil, turn heat down and simmer for 15-20 min until potatoes are tender.
5. Add coconut milk and continue to simmer of 5-6 min
6. Stir in fresh Italian Parsley. Adjust salt if necessary. Sprinkle with nutritional yeast.

NOTE: If you like a thicker soup, blend, or puree 1-2 cups of the soup, and add back to the soup