



## Smoked Chicken Minestrone

 Gluten Free

READY IN



900 min.

SERVINGS



6

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce navy beans drained and rinsed canned
- 14 ounce canned tomatoes with liquid canned
- 1 carrots roughly chopped
- 2 medium carrots diced trimmed peeled
- 1 stalk celery diced
- 2 celery stalks roughly chopped
- 2.3 pound meat from a rotisserie chicken whole dry for 15 minutes
- 8 ounces creamer potatoes quartered

- 1 leaf flat parsley and basil fresh chopped for garnish
- 1 tablespoon garlic minced
- 4 cloves garlic
- 2 teaspoons sea salt
- 6 servings kosher salt and freshly cracked pepper black
- 12 cups chicken stock see low-sodium
- 3 tablespoons olive oil
- 0.5 large onion sliced
- 0.5 onion roughly chopped
- 4 ounce parmesan with rind, cheese shaved, rind reserved
- 8 ounces savoy cabbage shredded
- 1.5 cups meat from a rotisserie chicken smoked shredded
- 1 teaspoon paprika smoked
- 2 large zucchini diced

## Equipment

- bowl
- ladle
- oven
- wire rack
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- dutch oven
- tongs

## Directions

- Place the chicken stock, garlic, celery, carrot, onion and smoked chicken carcass and backbone into a large stockpot or Dutch oven. Simmer gently for 1 hour over a low flame. Strain, transfer to a large container and reserve (cool completely if making ahead of time).
- Add the oil to a Dutch oven and bring to medium heat. Sweat the carrots, celery and onions until softened, 3 to 5 minutes.
- Add the garlic and sweat until fragrant, 30 seconds.
- Add the potatoes, zucchini, cabbage and season with salt and pepper. Sweat the vegetables slowly until all are crisp-tender, about 8 minutes.
- Pour in the reserved stock and the tomatoes.
- Add the Parmesan rind and simmer 12 to 15 minutes; the vegetables should be tender.
- Remove from the heat.
- Add the navy beans and shredded chicken and stir to combine. Season with salt and pepper.
- Ladle the minestrone into deep bowls and garnish with the shaved parmesan and chopped parsley and basil.
- Serve immediately.
- Preheat the oven to 350 degrees F.
- For the chicken: Using kitchen shears, remove the backbone of the chicken and set aside.
- Cut the chicken in half, straight through the breastbone. By separating the chicken into two pieces it will ensure that the chicken gets smoked more thoroughly.
- Sprinkle the chicken pieces with salt, pepper, the granulated garlic and smoked paprika.
- Place 1 deep aluminum roasting pan over the stove top. Line with aluminum foil.
- Add the soaked wood chips to a large piece of foil, and then fold in the sides to make a pouch. Punch holes in the top of the pouch, set it directly over a gas burner and turn on high. Leave for 2 to 3 minutes, watching carefully. Once it begins to smoke, using tongs, transfer the pouch to the bottom of the lined roasting pan. Set a wire rack over the chips in the lined roasting pan and position it so the wood chips are directly over the burner and continue to smoke.
- Place the chicken pieces bone-side down on the rack. Cover tightly with aluminum foil to seal in the smoke.
- Put the roasting pan into the oven and smoke until the internal temperature reaches 165 degrees F on an instant-read thermometer, 45 to 60 minutes.
- Remove and cool. Shred the smoked chicken breast.

# Nutrition Facts

PROTEIN 30.92% FAT 42.22% CARBS 26.86%

## Properties

Glycemic Index:80.24, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:37.342608648798%

## Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## Nutrients (% of daily need)

Calories: 629.96kcal (31.5%), Fat: 30.23g (46.5%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 34.44g (12.52%), Sugar: 8.9g (9.89%), Cholesterol: 100.34mg (33.45%), Sodium: 1192.35mg (51.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.81g (99.62%), Vitamin A: 6445.14IU (128.9%), Vitamin B3: 16.59mg (82.94%), Phosphorus: 662.55mg (66.26%), Vitamin C: 46.36mg (56.19%), Vitamin B6: 1.06mg (53.23%), Vitamin K: 48.69µg (46.37%), Potassium: 1572.93mg (44.94%), Selenium: 30.3µg (43.29%), Manganese: 0.76mg (37.94%), Calcium: 370.24mg (37.02%), Fiber: 8.84g (35.34%), Vitamin B2: 0.55mg (32.64%), Folate: 127.82µg (31.95%), Copper: 0.62mg (30.88%), Magnesium: 117.68mg (29.42%), Iron: 5.21mg (28.92%), Zinc: 3.9mg (26.01%), Vitamin B1: 0.33mg (21.81%), Vitamin B5: 1.86mg (18.59%), Vitamin B12: 1.05µg (17.56%), Vitamin E: 2.38mg (15.86%), Vitamin D: 0.26µg (1.72%)