



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Lettuce**

Chicken Caesar Soup

Ingredients:

3 romaine lettuce hearts, chopped
4 cups low-sodium chicken broth
3 cups water
2 skinless, boneless chicken breasts, diced
1 onion, diced
1 large russet potato, peeled and roughly chopped
½ cup heavy cream
1 parmesan rind
3 Tbs oil
2 cloves garlic, chopped
cracked pepper and salt to taste
shredded parmesan for topping
croutons or sliced garlic bread (optional)

Directions:

Heat the olive oil in a Dutch oven or heavy-bottomed pot over medium-high heat. Add the onion, garlic and 1 teaspoon salt and cook, stirring occasionally, until the onion is soft, about 5 minutes. Add the chicken broth, 3 cups water, chicken, potato and the parmesan rind.

Bring to a boil, then reduce the heat to medium and simmer until the chicken is cooked through. Remove the chicken to a plate using tongs and let cool. Discard the parmesan rind as well.

Add the lettuce to the pot and cook until the lettuce is tender, 8 to 10 minutes. With a submersion blender, puree the soup until smooth. Shred the chicken and add it to the soup. Heat through. Top with shredded parmesan and croutons or serve with sliced garlic bread.

For a shortcut, skip the instructions for cooking the chicken and top with shredded rotisserie chicken.