

CAULIFLOWER, SWISS CHARD, AND CHICKEN SOUP

Can be prepared in 45 minutes or less.

— ingredients —

2/3 cup chopped onion
2 teaspoon caraway seeds, crushed lightly
1 teaspoon olive oil
4 cups chicken broth
2 cups water
3 cups 1-inch cauliflower flowerets (about 1 small head)
1/2 cup orzo (rice-shaped pasta)
1 pound skinless boneless chicken breast, cut into 1-inch pieces
4 cups chopped red Swiss chard leaves, washed well and drained

— preparation —

In a 4-quart heavy saucepan cook onion and caraway seeds in oil over moderately low heat, stirring, until onion is softened. Add broth and water and bring to a boil. Stir in cauliflower and orzo and simmer, stirring occasionally, 7 minutes. Stir in chicken and Swiss chard and simmer until chicken is cooked through, about 3 minutes. Season soup with salt and pepper. Soup may be made 3 days ahead, cooled, uncovered, and chilled, covered.

Makes about 8 cups, serving 4.