

Treasure Barrel

Chicken Pastina Soup

A simple, soul-warming soup with tender chicken and tiny pasta stars in a rich, savory broth.

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Soup Base

- [ ] 1.5 lbs bone-in chicken thighs (skin removed)
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 8 cups chicken broth
- [ ] 2 sprigs fresh thyme
- [ ] 1 bay leaf
- [ ] 1 tsp salt (or to taste)
- [ ] 1/2 tsp black pepper

For Finishing

- [ ] 1 cup pastina (star-shaped pasta)
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Additional salt and pepper to taste

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery and sauté for about 5-7 minutes, until they start to soften and smell sweet. Add the garlic and cook for another minute until fragrant.
2. Pour in the chicken broth and add the chicken thighs, thyme sprigs, bay leaf, salt, and pepper. Bring to a gentle boil, then reduce heat to low, cover, and simmer for 20 minutes.
3. Remove the chicken thighs with tongs and set aside to cool slightly. Once cool enough to handle, shred the meat with two forks, discarding bones.
4. Return the shredded chicken to the pot. Add the pastina and simmer uncovered for 5-7 minutes, stirring occasionally, until the pasta is tender.
5. Remove the bay leaf and thyme stems. Taste and adjust seasoning with additional salt and pepper if needed. Stir in the chopped parsley.
6. Let the soup sit for 5 minutes off the heat before serving. The pasta will continue to absorb liquid and the flavors will meld together beautifully.

Nutrition per serving

285 kcal	24 g	25 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, you can brown the chicken thighs before adding them to the soup
- If the soup becomes too thick upon standing, thin it with additional warm broth
- Leftovers will thicken considerably - reheat with extra broth or water
- This soup is very forgiving - don't worry about perfect measurements