

Lemony Chicken, Kale & White Bean Soup



This bright chicken soup is full of springtime flavor with lemon and fresh herbs. White beans add fiber and texture, making this a light but filling lunch or dinner.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

4 tsp	Olive Oil, divided
8 oz	Chicken Breast, cut into bite-sized pieces
½ each	Onion, diced
1 stalk	Celery, medium, diced
1 each	Carrot, medium, diced
3 cloves	Garlic, minced
1 tsp	Thyme, dried
1 tsp	Rosemary, dried
½ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground
4 cups	Chicken Stock, unsalted or homemade
15 oz. can	White Beans, such as Cannellini, low sodium, drained and rinsed
4 oz	Kale, chopped into small bite-sized pieces (about ½ bunch or 4 cups)
2 each	Lemons, zested and juiced
¼ cup	Parsley, chopped

CHEF'S NOTES

Make this dish vegan by skipping the chicken and using vegetable stock. The white beans will provide plenty of plant-based protein, but you could also add quinoa for more texture, protein, and fiber.

You can use any dark leafy greens in season such as chard, collards, mustard greens, or spinach.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a medium-large saucepot over medium heat. Once hot, add 2 tsp of oil and then the diced chicken. Allow the chicken to cook, undisturbed, until lightly browned, about 2 minutes. Flip and cook for another 2 minutes. Remove from the pot and set aside.
3. Add the remaining 2 tsp oil and the onion, celery, and carrot. Cook until the onion is translucent and all vegetables are softened, about 4 minutes. Add the garlic and cook until fragrant, about 30 seconds to 1 minute.
4. Add the thyme, rosemary, salt, pepper and chicken stock, stirring to scrape up any brown bits. Bring to a boil then reduce to a simmer.
5. Add the beans, kale and cooked chicken and simmer until kale is wilted and tender, about 5-8 minutes.

6. Remove from the heat and stir in the lemon zest, lemon juice, and parsley.

Nutrition Facts	
4 servings per container	
Serving Size	1 1/2 cups (516 g)
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 0.5g	4%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	14%
Sodium 430mg	19%
Total Carbohydrate 19g	7%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	47%
Vitamin D 0.01mcg	0%
Calcium 180mg	14%
Iron 5mg	28%
Potassium 800mg	16%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

