

Chicken & Kale Soup



Source: EatingWell

Total time: 45 mins

Servings: 6

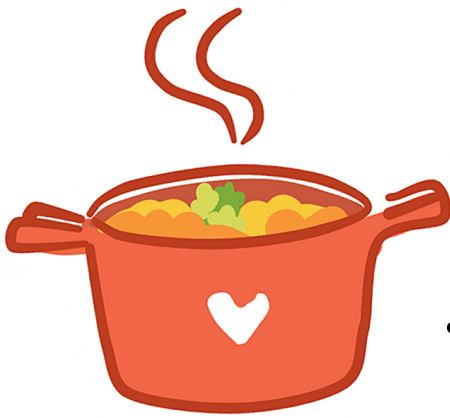
Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onion
- 1 tablespoon minced garlic
- 1 (15 ounce) can no-salt-added great northern beans, rinsed
- 12 ounces boneless, skinless chicken breast or chicken tenders
- 2 medium Yukon Gold potatoes, peeled and diced (1/2-inch)
- 6 cups unsalted chicken broth
- 3 thyme sprigs
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper
- 3 cups chopped kale or 1 10-ounce package frozen chopped kale
- 2 tablespoons lemon juice



Directions:

- Step 1
 - Heat oil in a large heavy pot over medium heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Add beans, chicken, potatoes, broth, thyme, salt and pepper. Bring to a boil over medium-high heat; reduce heat to maintain a simmer. Simmer, covered, until the potatoes are tender and an instant-read thermometer inserted in the thickest portion of the chicken registers 165 degrees F, about 18 minutes.
- Step 2
 - Transfer the chicken to a plate and, using 2 forks, shred it into bite-size pieces. Stir kale into the soup; cook over medium heat, stirring often, until the kale is wilted and tender, about 2 minutes. Remove from heat; stir in the shredded chicken and lemon juice. Remove the thyme sprigs before serving. Serve hot.



Nutrition Facts Per Serving

Serving Size: 1 1/2 cups

271 calories; protein 25.8g; carbohydrates 30.4g; dietary fiber 7g; sugars 4.5g; fat 5.1g; saturated fat 0.9g; cholesterol 48.2mg; vitamin A iu 837.4IU; vitamin C 21.7mg; folate 49.8mcg; calcium 88.8mg; iron 2.3mg; magnesium 64.8mg; potassium 879.3mg; sodium 531mg.

