

Cozy Chicken Soup

Cooking Instructions

1. Heat olive oil in a large pot and place chicken breast in pan. Salt and pepper to taste. Cook 4-5 minutes then flip and cook other side until cooked through. Use a rotisserie chicken for extra convenience.
2. Meanwhile, chop onion and celery into fine pieces. Peel and dice carrots to bite size pieces. Set chicken aside and add vegetables to pan drippings. Continue to cook until soft, 5-10 minutes. Shred chicken separately. Add dill, thyme, salt, and pepper to vegetables. Mince garlic and add to pan, cook for 1-2 minutes.
3. Add vegetable broth and beans. Cook until heated through. Meanwhile chop kale or greens into fine pieces.
4. Squeeze juice from lemon into soup. Add greens and chicken, heat through another 1-2 minutes. Salt and pepper to taste. Serves 2.

Recipe

- 1 tablespoon olive oil
- 2 garlic cloves
- 1 white onion diced
- 2 carrots
- 2-3 stalks of celery
- 1 lemon
- 1 bunch of kale (swiss chard or spinach)
- 2 cans cannellini beans
- 1 quart vegetable stock (4 cups)
- 2 medium chicken breasts (about 1-2 cups shredded)
- 1 tablespoon fresh dill (1/2 tablespoon or more dried)
- 2 teaspoons thyme
- 1 teaspoon black pepper
- ½ teaspoon salt
- Optional Toppings – parmesan cheese, extra lemon, dash of cayenne pepper

Grocery List – Add optional ingredients as desired

Produce

- 1 white onion
- garlic
- 1 bunch kale or similar green
- 2 carrots
- 2-3 stalks celery
- 1 lemon
- Fresh dill

Meat

- 2 chicken breasts

Canned Goods

- 2 cans cannellini beans (white beans)
- 1 quart package vegetable broth

Pantry

- salt
- pepper
- dill
- thyme
- cayenne pepper