

chicken and veggie soup

Serves 4

RECIPE ADAPTED FROM: [Fed and Fit](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

- 2 Tbsp extra virgin olive oil
- 1 small onion, diced
- 3 stalks celery, sliced
- 3 carrots, sliced
- 2 cloves garlic, minced
- 1 red bell pepper, de-seeded and diced
- 2-3 cups shredded chicken
- 4 cups chicken broth
- black pepper, to taste
- sea salt to taste
- 5oz container baby kale or baby spinach
- 1 lemon, juiced

SAUTE onions, celery, carrots, garlic, and bell pepper in oil in a large pot over medium-high heat for about 10 to 15 minutes, or until the vegetables soften.

ADD chicken broth, salt, and pepper to the pot.

COVER and simmer over medium-low heat for 10 minutes or until veggies are tender.

STIR in kale and cook for 2-3 minutes until kale is fully wilted.

ADD lemon juice and then taste soup for seasoning, adding additional salt and pepper if needed.

