



REAL BALANCED · TONIGHT'S DINNER

# chicken vegetable soup

PREP 15 MIN · COOK 30 MIN · TOTAL 45 MIN · SERVES 8

One-pot Chicken Vegetable Soup: shredded chicken, white beans & frozen veggies in tomato broth. 8 servings in about 45 minutes.

## INGREDIENTS

- ☐ 1 teaspoon avocado oil
- ☐ ½ cup diced onion
- ☐ 2 garlic cloves, minced
- ☐ 32 ounces low-sodium chicken stock
- ☐ 2 (15-ounce) cans Northern beans, drained and rinsed
- ☐ 1 (14.5-ounce) can low-sodium diced tomatoes
- ☐ 1 (14.5-ounce) can crushed tomatoes
- ☐ 12-16 ounces frozen vegetables
- ☐ 1 tablespoon dried parsley
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon dried rosemary
- ☐ 1 teaspoon dried thyme
- ☐ 1 teaspoon coarse Kosher salt
- ☐ ½ teaspoon black pepper
- ☐ 1 pound cooked shredded chicken

## MAKE IT

1. Sauté Aromatics: In a large pot over medium heat, heat 1 teaspoon avocado oil and cook ½ cup diced onion for about 4 minutes, until soft and translucent. Add 2 garlic cloves (minced) and stir for 1 additional minute.
2. Add Base: Pour in 32 ounces low-sodium chicken stock, 2 (15-ounce) cans Northern beans (drained and rinsed), 1 (14.5-ounce) can low-sodium diced tomatoes, 1 (14.5-ounce) can crushed tomatoes, 12-16 ounces frozen vegetables, 1 tablespoon dried parsley, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried rosemary, 1 teaspoon dried thyme, 1 teaspoon coarse Kosher salt, and ½ teaspoon black pepper. Stir everything together. Hold off on adding the chicken for now.
3. Simmer: Bring soup to a gentle boil, then lower heat and let simmer for 15 minutes so the flavors can come together.
4. Add Chicken: Stir in 1 pound cooked shredded chicken and let soup simmer a few more minutes until chicken is heated through.
5. Serve: Taste and adjust seasoning, if needed, then ladle into bowls and serve.

PER SERVING   304 calories   28 g protein   37 g carbs   11 g fiber   6 g fat   533 mg sodium

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