

CHICKEN AND KALE SOUP

Preparation: 20 minutes | Cooking: 20 minutes | Servings: 6

INGREDIENTS

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



INSTRUCTIONS

Start by heating oil in a large, heavy pot over medium heat. Add the onion; cook, stirring occasionally, until softened, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 1 minute. Add the beans, chicken, potatoes, broth, thyme, salt and pepper to the pot. Bring this to a boil over medium-high heat; reduce the 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 Fahrenheit, about 18 minutes. Transfer the chicken to plate and shred it into bite-size pieces using two forks. Stir the 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.