White Bean & Greens Chicken Soup

Yields: 6-8 servings  Serving Size: 1 ⅓ cup
Nutritional Information (per serving):
Calories 230, Fat 5.3g, Carbohydrates 17.9g, Protein 28.5g

Whether it’s cold outside or someone is feeling under the weather, there’s no better way to spread love than with a warm bowl of homemade soup. This recipe is a healthy twist on the classic chicken noodle soup, replacing the noodles with fiber-rich cannellini beans and extra vegetables.

Ingredients
1 Tbsp olive oil
2 cups thinly sliced leeks, white parts only
2 garlic cloves, smashed
1 cup carrots, sliced ¼ inch thick
3 cups water
4 cups chicken broth
1.5 lbs cooked shredded chicken (skinless and boneless)
1 2-inch fresh rosemary sprig
1 16-oz can cannellini beans, rinsed and drained
½ cup mushrooms, sliced ¼ inch thick
2 cups kale and/or spinach, roughly chopped
¼ tsp freshly ground black pepper
¼ tsp salt
1 Tbsp chopped fresh parsley
1 Tbsp lemon juice

Directions
1. Heat oil in a large pot over medium heat. Add leeks and carrots. Cook, stirring occasionally, until tender but not browned, about 3-4 minutes. Stir in garlic until fragrant, about 1 minute.
2. Add broth, water, chicken, and rosemary. Bring to a boil, then reduce heat and simmer for 5 minutes, skimming occasionally.
3. Add beans and mushrooms and simmer for 5 minutes.
4. Add spinach and kale and cook 2-3 minutes, or until tender. Season with salt and pepper.
5. Remove from heat. Add lemon juice and remove rosemary sprig. Ladle soup into bowls. Sprinkle each bowl with ½ teaspoon of parsley.