

Chicken & Vegetable Soup

American

A soup made with chicken breast, broth, and vegetables.

Ingredients:

Protein:

- * 1 lb chicken breast (boneless skinless...)

Soup Base:

- * 6 cups chicken broth (low sodium)
- * 2 garlic cloves (minced)
- * 1 teaspoon italian seasoning

Vegetables:

- * 1 cup carrots (sliced)
- * 1 cup celery (sliced)
- * 1 cup onion (diced)
- * 2 cups spinach (fresh)

Seasoning:

- * salt (to taste)
- * black pepper (to taste)



Instructions:

1. In a large pot sauté onion and garlic for 2–3 minutes until fragrant.
2. Add chicken broth, chicken breast, carrots, celery, and Italian seasoning.
3. Bring to a simmer and cook for about 20 minutes until the chicken is cooked through and vegetables are tender.
4. Stir in spinach and cook for another 2 minutes until wilted.
5. Season with salt and pepper to taste and serve hot.

Servings: 6 | Serving size: 1 bowl | Calories: 165 | Protein: 26g