

Quick Chicken Soup

Store-bought rotisserie chickens are convenient and budget friendly. Chopped cooked chicken is combined with items from your pantry and freezer to create a quick and delicious one-dish healthy meal with plenty of fiber from beans and veggies.

Approximate preparation time: 10 minutes.

Ingredients

- 4 cups chicken broth
- 8 ounces diced cooked chicken
- 2 cups mixed vegetables (fresh, frozen, or canned and drained)
- 1 15-5 ounce can white beans, rinsed and drained
- ½ tsp. garlic powder
- 1 tsp. dried basil
- Black pepper to taste
- 2 TBSP grated parmesan (optional)
- Lemon juice, to taste (optional)

Bring all ingredients except parmesan and lemon juice to a simmer in a large saucepan. Simmer until completely heated through. Ladle into bowls and sprinkle with parmesan and sprinkle with lemon juice to taste. Makes 2 servings

Nutrition information per serving: (with parmesan cheese)

500
Calories

54g
Protein

45g
Carbs

10g
Fat

11g
Fiber

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