RECIPE

Chicken and Vegetable Soup

A brothy chicken soup with potatoes, carrots, green beans and tomatoes, a dinner that freezes well, at about 400 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 large onion, chopped (about 1½ cups, 200 g)
- [ ] 3 celery ribs, sliced
- [ ] 3 carrots, sliced into rounds
- [ ] 2 medium red potatoes, scrubbed and diced ½ in (about 2 cups, 300 g)
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme
- [ ] ½ tsp dried rosemary, crushed
- [ ] 6 cups low-sodium chicken broth
- [ ] 2 cups water
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes
- [ ] 1 cup green beans, cut in 1-in pieces
- [ ] 2 bay leaves
- [ ] 1 ½ lb boneless skinless chicken breast

Method

1. Heat the oil in a large pot over medium heat. Cook the onion, celery and carrots for 6 minutes, until the onion is soft.
2. Stir in the garlic powder, thyme and rosemary for 30 seconds.
3. Add the potatoes, broth, water, tomatoes with their juice, green beans, bay leaves, salt and pepper. Nestle the chicken in the liquid.
4. Bring to a boil, then turn it down to a gentle simmer and cover. At 5,300 ft give it 25 to 30 minutes, until the thickest part of the chicken reads 165 °F and the potatoes are tender.
5. Lift the chicken onto a board and let it cool 5 minutes. Shred it with two forks and stir it back in.

- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 cup frozen peas
- [ ] 1 tbsp cider vinegar
- [ ] 2 tbsp chopped fresh parsley

6. Add the peas and simmer 5 minutes more. Fish out the bay leaves, then stir in the vinegar and parsley.

7. Cool leftovers no more than 2 hours, then refrigerate. Reheat each serving to a boil.