

# Chicken & Vegetable Soup



## Ingredients

2 boneless, skinless chicken breasts, diced  
6 cups chicken broth  
2 carrots, peeled and sliced  
2 celery stalks, chopped  
1 onion, diced  
3 cloves garlic, minced  
1 zucchini, diced  
1 cup chopped green beans  
1 cup kale or spinach, chopped  
1 tablespoon olive oil  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
1 bay leaf  
Salt and pepper to taste  
Juice of 1 lemon (optional)

## Directions

1. Prepare the Chicken: In a large pot, heat the olive oil over medium heat. Add the diced chicken and cook until browned on all sides. Remove the chicken from the pot and set it aside.
2. Sauté the Vegetables: In the same pot, add the onion, garlic, carrots, and celery. Sauté until the vegetables are softened, about 5 minutes.
3. Build the Soup Base: Add the chicken back into the pot along with the chicken broth, thyme, rosemary, and bay leaf. Bring the mixture to a boil, then reduce the heat and let it simmer for 20 minutes.
4. Add the Remaining Vegetables: Stir in the zucchini, green beans, and kale (or spinach). Continue to simmer for another 10 minutes, until the vegetables are tender.
5. Season and Serve: Remove the bay leaf, then season the soup with salt and pepper to taste. If desired, add a squeeze of fresh lemon juice to brighten the flavors. Serve hot, garnished with fresh herbs if you like.