

Chicken Soup

submitted by Kristiana



Per serving: 318 Calories • 22.5g Carbs (3.8g Fiber) • 10.5g Fat • 33.3g Protein

Ingredients

Ingredients scaled to: 4 serving

- 2 tsp **Olive oil** (9 grams)
- 2 large **Onions** (300 grams)
- 3 medium **Carrots** (183 grams)
- 1 tbsp **Thyme** (2.4 grams)
- 3 cup **Chicken stock** (720 grams)
- 3 1/2 breast fillet **Chicken breast** (300 grams)
- 2 1/3 cup sliced **Mushrooms** (200 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 1/2 cup **Greek yogurt** (120 grams)
- 1 cloves, minced **Garlic** (3 grams)
- 2/3 tbsp **Lemon juice** (10 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Spray a pan with non-stick spray and cook chicken for 8-10 minutes per side or until cooked through, no longer pink, and the juices run clear. Let rest 5 minutes before cutting into bite sized pieces.
2. Heat oil in a large heavy-based pan over medium heat. Add onions, carrots, and thyme, then gently fry for 15 minutes. Stir in stock, bring to a boil, cover, then simmer for 10 minutes.
3. Remove half the mixture, then purée with a stick blender (or in a regular blender). Tip back into the pan with the rest of the soup, mushrooms and salt and pepper, to taste. Add the chicken, then simmer for 5 minutes until heated through.
4. Mix in the yogurt, garlic, and lemon juice, swirl into the soup in bowls, then serve.