

Chicken and Tomato Soup

Servings per recipe: 1

Each serving counts as 1 protein, 1 vegetable

Ingredients

- 100 grams cooked lean ground chicken
- 100 grams stewed or crushed tomatoes
- 3 cloves of garlic (crushed)
- 2 tsp apple cider vinegar
- A pinch of each of the following seasonings:
parsley, cumin, basil, rosemary,
- red pepper flakes



Directions

- Put tomatoes and garlic in a pot & add seasonings.
- Cook for 5 minutes.
- Add the cooked chicken & bring to a boil.
- Cook for 5-10 additional minutes and serve warm.

