

Savory Chicken Soup

Makes 1 serving (1 protein, 1 vegetable)
28 grams protein
3 grams fat
195 calories

Ingredients

- 100 grams chicken breast, cubed
- 1½ cups celery or tomatoes, chopped (tomatoes add 25 calories)
- 2 cups chicken broth (or substitute 1 cup water for 1 cup of broth)
- 1 tablespoon onion, minced
- 2 cloves garlic, crushed and sliced
- 1 bay leaf
- ½ teaspoon organic poultry spice blend
- Cayenne pepper to taste
- Sea salt and black pepper to taste



Directions

1. Bring chicken stock to a boil.
2. Add onion, garlic, and spices.
3. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked.
4. Serve hot.
5. Sprinkle with chives or parsley if desired.

