

# Lemony Spinach and Chicken Soup

Makes 1 serving (1 protein, 1 vegetable)
26 grams protein
3 grams fat
190 calories

## Ingredients

- 100 grams of chicken
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- ½ lemon with rind
- 1-2 cups loosely packed spinach, cut into strips
- 1 tablespoon onion, chopped
- 1 clove of garlic, crushed & minced
- 1 stalk lemongrass (optional)
- ¼ teaspoon thyme or to taste
- Cayenne pepper to taste
- Sea salt and pepper to taste



## Directions

1. Lightly brown the chicken in small saucepan with a little lemon juice.
2. Add the onion, garlic, spices, and chicken broth.
3. Add lemon with rind and simmer for 20-30 minutes.
4. Add the fresh spinach during the last five minutes of cooking.
5. Serve and enjoy.



### HCG Diet Tip

*Make bundles of fresh herbs to add to soups or create herb infusions by immersing them in lemon juice or vinegar. You can use these on salads or as a marinade.*