



COMFORTING WHITE BEAN CHICKEN SOUP

A warm one-pot meal with chicken, beans, vegetables, and herbs.

PREP

10 minutes

COOK

25 minutes

YIELD

4 servings

INGREDIENTS

- 2 cups cooked shredded chicken
- 1 can no-salt-added white beans, drained and rinsed
- 4 cups low-sodium chicken broth
- 1 cup sliced carrots
- 1 cup chopped celery
- 1 cup chopped spinach
- 1 teaspoon olive oil
- ½ teaspoon dried thyme
- Black pepper to taste

INSTRUCTIONS

- 01** Warm the olive oil in a pot over medium heat.
- 02** Cook the carrots and celery for five minutes.
- 03** Add the broth, beans, chicken, and thyme.
- 04** Simmer for 15 minutes.
- 05** Stir in the spinach and cook until wilted.
- 06** Season to taste and allow the soup to cool slightly before serving.

SIMPLE SWAP

Replace the chicken with an additional can of white beans for a meatless version.