# Chicken Breast Soup

Chicken breast soup uses a gentle poach and an early temperature check to keep lean meat tender. Carrots, celery and green beans make the clear broth substantial, while a lemon-parsley finish brightens the bowl.



| PREP | COOK | TOTAL | SERVES | LEVEL |
|---|---|---|---|---|
| 15 min | 35 min | 50 min | 6 | Easy |

## INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast, thawed, cut horizontally into pieces about 1 inch thick
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 carrots (225 g), thinly sliced
- 2 celery stalks (100 g), thinly sliced
- 2 garlic cloves (6 g), minced
- 6 cups (1.44 L) low-sodium chicken broth
- 1 tsp (1 g) dried thyme
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 cups (200 g) fresh green beans, in 1-inch pieces
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (8 g) chopped parsley

VARIATIONS Cooked chicken: omit raw breast; add 3 cups (420 g) cooked breast after vegetables soften and heat to 165°F (74°C). Noodle: cook 6 oz (170 g) pasta separately and divide among bowls. Rice: add 2 cups (300 g) cooked rice after the chicken is done and heat thoroughly.

NOTE Use a 5-quart pot. Similar-thickness chicken pieces poach more evenly than a very thick whole breast. Keep broth below a hard boil, and check the thickest section with a thermometer.

## DIRECTIONS

1. Heat oil in the pot and cook onion, carrots and celery for 7 minutes. Add garlic for 30 seconds.
2. Add broth, thyme, salt, pepper and green beans and simmer 5 minutes.
3. Slip chicken pieces into the gently simmering broth. Partly cover and poach about 12–18 minutes, turning once, until every piece reaches 165°F (74°C). Remove cooked pieces as they finish.
4. Slice or shred chicken on a clean board. If vegetables need more time, simmer them alone until tender.
5. Return chicken, heat through, and turn off the heat. Add lemon and parsley and divide among six bowls.

FOOD SAFETY & STORAGE Refrigerate leftovers within 2 hours in shallow covered containers at 40°F (4°C) or colder; use within 3–4 days. Reheat ground chicken to 165°F (74°C); freeze airtight portions for up to 2 months.