Chicken Soup

Prep: 15 Cook: 45 Serves: 4 Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves (9 g), minced
- 2 carrots (160 g), sliced
- 2 celery stalks (100 g), sliced
- 6 cups (1.4 L) low-sodium chicken broth
- 1/2 tsp (1 g) dried thyme
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper

Method

1. Heat oil in a large pot over medium heat. Soften onion, carrots and celery for 6-8 minutes; stir in garlic for 30 seconds.

2. Add chicken, broth, thyme, salt and pepper. Bring to a gentle simmer, partially cover and cook 25-35 minutes, until the thickest chicken pieces reach 165°F (74°C).

3. Lift chicken onto a clean board, shred with two forks and return to the pot. Warm through and adjust seasoning.

Doneness & practical notes

Chicken must reach 165°F (74°C) in its thickest part; check several pieces with a food thermometer.

Keep thighs whole while poaching, then shred after checking their temperature. Simmer gently for a clear broth.

Cooking stages



- Ingredients: chicken thighs, vegetables, broth, thyme and seasonings measured and ready.
- Prep: dice onion, slice carrots and celery, mince garlic, and keep chicken thighs whole.
- Cooking: gently simmer the chicken and vegetables in seasoned broth until the chicken reaches 165°F (74°C).
- Finishing: shred the cooked chicken with two forks, return it to the pot, and warm through.
- Serving: ladle hot chicken soup with tender chicken and vegetables into bowls.