Ground Chicken Soup Recipes

Prep: 15 Cook: 35 Serves: 4 Difficulty: Easy

Ingredients

- 1 1/2 lb (680 g) ground chicken
- 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 pot. Soften onion, carrots and celery 6 minutes. Add garlic for 30 seconds.

2. Add ground chicken and cook 6-8 minutes, breaking it into small pieces.

3. Add broth, thyme, salt and pepper. Simmer gently for 15-20 minutes, until vegetables are tender and chicken crumbles reach 165°F (74°C).

Doneness & practical notes

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

Use a thermometer to check the chicken; color alone is not a safe doneness test.

Cooking stages



• Ingredients: ground chicken, onion, carrots, celery, broth, garlic, thyme and seasonings gathered.

• Prep: dice onion, slice carrots and celery, and mince garlic; keep ground chicken separate until cooking.

• Cooking: brown ground chicken with softened vegetables, breaking it into small crumbles.

• Finishing: add broth and thyme, then simmer gently until vegetables are tender and chicken reaches 165°F (74°C).

• Serving: ladle hot ground chicken soup with vegetables into bowls.