Healthy Chicken Soup Recipes



Finished serving

PREP	COOK	YIELD
20 min	40 min	6 servings

This healthy chicken soup base uses lean ground chicken, white beans and vegetables in a light tomato broth. It offers a different texture from shredded soup and includes measured slow-cooker and greens variations.

INGREDIENTS

- 1 lb (454 g) lean ground chicken
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 2 carrots (150 g), finely diced
- 2 celery stalks (100 g), finely diced
- 3 garlic cloves (9 g), minced
- 1 can (14.5 oz / 411 g) diced tomatoes with juice
- 1 can (15 oz / 425 g) cannellini beans, drained and rinsed, about 250 g drained
- 6 cups (1.44 L) low-sodium chicken broth
- 1 tsp (1 g) dried oregano
- 1/2 tsp (1 g) sweet paprika
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 zucchini (200 g), diced
- 3 cups (90 g) baby spinach
- 1 tbsp (15 ml) lemon juice

METHOD

1. Heat oil and soften onion, carrot and celery for 7 minutes. Add ground chicken and cook 6–8 minutes, breaking it up, until no large clumps remain and the chicken reaches 165°F (74°C).
2. Stir in garlic, oregano and paprika for 30 seconds. Add tomatoes, beans, broth, salt and pepper.
3. Simmer gently 15 minutes until carrots are tender. Add zucchini and cook 5–7 minutes more.
4. Wilt spinach into the soup for 1–2 minutes. Check it is hot throughout and finish with lemon juice.

VARIATIONS

Choose one option

Slow cooker: brown the ground chicken to 165°F (74°C), then immediately transfer with the firm vegetables, tomatoes, beans, broth and seasonings to a 5- to 6-quart cooker. Cook on Low 4–5 hours until vegetables are tender; add zucchini on High 20–30 minutes before finishing with spinach and lemon.

Kale: replace spinach with 2 cups (60 g) finely sliced kale and simmer 5 minutes.

Chickpea: replace white beans with an equal-size drained can of chickpeas.

DONENESS

Check chicken with a food thermometer: at least 165 F (74 C) in the thickest part.

STORE Refrigerate in shallow covered containers within 2 hours. Keep at 40 F (4 C) or colder and use within 3-4 days.