# Shredded 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, carrots, celery, onion, garlic, broth, thyme and seasonings gathered.

• Prep: dice onion, slice carrots and celery, and mince garlic before cooking.

• Cooking: gently poach chicken thighs in seasoned broth with softened vegetables until the chicken reaches 165°F (74°C).

• Finishing: shred the tender cooked chicken with two forks, return the shreds to the pot, and warm through.

• Serving: serve shredded chicken soup hot with vegetables in clear golden broth.