

Sweet potato kale soup w/chicken

Ingredients:

- 2 skinless/boneless chicken breast
- 1/2 tsp olive oil
- 1 large onion (chopped)
- 2 celery stalks (chopped)
- 3 garlic cloves (minced)
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp ground cumin
- 6 cups reduced sodium chicken broth
- 1 large sweet potato (peeled and diced 1-inch cubes)
- 3 cups kale (roughly chopped)
- 1/4 cup fresh cilantro
- Salt and pepper to taste



Instructions:

1. Season the chicken with salt and pepper then set aside while you prep all your vegetables.
2. Heat a large nonstick pot or Dutch oven over medium-low heat, add the oil and the onions and celery and cook until soft and golden, about 8 to 10 minutes, then add the garlic, oregano, thyme and cumin then cook 2 to 3 minutes. Add the chicken broth, chicken and cilantro. Cover and cook 20 minutes.
3. After the 20 minutes is up add the sweet potato and kale and cook until the sweet potatoes are tender (can be easily pierced with a fork) and the chicken is cooked (internal temp of 163), about another 25 to 30 minutes.
4. Remove the chicken and place on a cutting board. Shred chicken with a fork, or chop with a knife.
5. Return the chicken to the pot and serve!

Source: <https://www.skinnytaste.com/chicken-sweet-potato-and-kale-soup/>

Recipe chosen by: Jonah Richardson, Dietetic Intern