



# LENTIL AND CHICKEN SOUP



2 SERVINGS



35 MINS

CALORIES  
320

PROTEIN  
35G

FATS  
6G

CARBS  
30G

## INGREDIENTS

- 1 lb boneless, skinless chicken breast, cubed
- 1 cup green lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp thyme
- ½ tsp turmeric
- 6 cups chicken broth
- 2 bay leaves
- 2 tbsp lemon juice
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

## METHOD

1. In a large pot, sauté onion, carrots, and celery until softened, about 5 minutes.
2. Add garlic and cook for 30 seconds until fragrant.
3. Add chicken and cook until no longer pink on the outside.
4. Stir in lentils, cumin, thyme, turmeric, salt, and pepper.
5. Add chicken broth and bay leaves. Bring to a boil.
6. Reduce heat, cover, and simmer for 25-30 minutes until lentils are tender.
7. Remove bay leaves and stir in lemon juice.
8. Garnish with fresh parsley before serving.