



LIVE HEALTHY RECIPE

Chicken Bean Soup

This simple yet flavorful soup is a delicious and healthy way to use up leftover chicken and veggies.





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INGREDIENTS:

- (1-3/4 tsp.) Oil
- (5/8 cup) Carrots
- (5/8 cup) Celery
- (5/8 cup) Onions
- (1-3/4 each) Chicken, Breast
- (1-1/8 tbsp.) Base, Chicken
- (1-1/8 quart) Water
- (1-1/8 pound) Beans, Great Northern
- (1/2 tsp.) Salt
- (5/8 tsp.) Pepper
- (5/8 cup) Parsley

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PREP TIME: 5 TO 8 MINUTES | COOK TIME: 30 TO 45 MINUTES | YIELD: 6 SERVINGS

DIRECTIONS:

1. In a stockpot over medium heat, add oil.
2. Sauté the carrots, celery, and onion for 8 to 10 minutes, or until vegetables soften.
3. Add water and chicken base and bring to a boil, stirring to combine.
4. Add chicken. Reduce the heat, cover, and simmer for 15 to 20 minutes.
5. Add beans and cook for 5 minutes. Season with salt and pepper.
6. Garnish with chopped parsley.

HEALTH BENEFITS OF GREAT NORTHERN BEANS:

Great Northern beans are an excellent source of low-fat, plant-based protein, both for vegetarians and those trying to reduce their intake of meat. For 209 calories, a 1-cup serving gives you 15 grams of protein with less than a gram of fat.