

*Making it delicious*

# Chicken Kale Potato Soup

## Ingredients

- 1 Tbsp. olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 stalk of celery, diced
- 1 carrot, diced or shredded
- 1/2 bunch of kale (~6 leaves)
- 1 large sweet potato
- 6 cups (1½ quarts) unsalted chicken broth
- 12 oz. cooked chicken, diced
- Seasoning Packet:
  - 1 tsp. thyme, dried
  - 1/2 tsp. Kosher salt
  - 1/4 tsp. nutmeg



*Image generated by AI*

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>(580g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 712mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions

- Peel the sweet potato and cut it into 1/2-inch cubes.
- Tear the kale leaves from the stems and slice thinly, discarding the stems.
- Heat the olive oil in a large pot over medium heat.
- Add the onion, garlic, celery, carrot, kale, potato and seasoning packet contents.
- Sauté for about 10 minutes, stirring a few times, until the onion is softened.
- Pour in the stock and simmer, uncovered, for 10 minutes or until the carrots and sweet potato are tender.
- Stir in the diced cooked chicken and heat through.

*Recipe adapted from popsugar.com*

\*Note: If potassium is a concern, reduce the serving size to 1/6 of the recipe, not 1/4. This will reduce the potassium to 475mg (%10 DV) per serving.

**SERVINGS: 4\* | PREP TIME: 35 MIN**