

NOURISHING CHICKEN, KALE AND POTATO SOUP

FREEZE TOGETHER:

- 2 **large carrots**, peeled and sliced
- 1 **sweet onion**, chopped
- 3 **Yukon gold potatoes**, chopped
- ½ teaspoon **kosher salt**
- ½ teaspoon **black pepper**
- ¼ teaspoon **red pepper flakes**
- 2 teaspoons **Italian seasoning**
- ¼ cup **pesto**
- 6-8 **thyme sprigs**
- 1 lb **raw chicken breast**, trimmed
- 1 can (15.5-oz) **cannellini beans**, drained and rinsed

COOKING INSTRUCTIONS:

INSTANT POT

Frozen or thawed • Add 4 cups chicken broth
12 mins HIGH pressure • Quick release

CROCKPOT

Thaw first • Add 4 cups chicken broth
LOW 6 hrs or HIGH 3-4 hrs

STOVETOP

Thaw first • Add 4 cups chicken broth
Bring to boil, cover, reduce to simmer
Simmer 20-25 mins until chicken +
vegetables are tender

FINISHING TOUCHES:

1. Remove the thyme sprigs and shred the chicken.
2. Return chicken to the soup and stir in 3-4 cups **sliced kale**, ⅓ cup **heavy cream**, and **juice of ½ lemon**.
3. Top with freshly grated Parmesan cheese, if desired!

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