

Turmeric-Ginger-Kale-Chicken Soup

This soup combines delicious anti-inflammatory spices, healthy greens and vegetables, and makes a lovely lunch or light dinner. FYI: The nutritional component increases with the bone broth soups I use (listed below).

Serves 2-4 people generously. It is Gluten Free.

Calories: 295cal

Prep Time 20 minutes mins

Cook Time 35 minutes mins

Total Time 55 minutes mins



Ingredients

- 2 tablespoon olive oil
- 1 white/yellow onion, diced
- 2 garlic cloves, minced or diced
- 2 chicken breast (if larger cut into two strips)
- 2 celery sticks diced
- 4 medium carrots, diced
- 1 zucchini diced (I use 2 small or 1 lg.)
- 4 cups kale, stems removed and diced
- 8 cups chicken or vegetable broth (gluten free) OR
 - I use 32 oz. Pacific Bone Broth (Chicken) & 16.9 oz. Kettle & Fire Spicy Cauliflower Bone Broth Soup
- 2 teaspoon turmeric
- 1 teaspoon sweet paprika
- 2 cm fresh ginger, grated
- small handful parsley for garnish
- pinch salt (add and taste throughout the process)
- pepper to taste



Instructions

1. Sauté the onion and garlic in olive oil and cook until softened, for 5-6 minutes.
2. Add the grated ginger, turmeric and sweet paprika and cook for a further minute or so.
3. Add the celery, carrot and zucchini and cook for a further 2-3 minutes.
4. Add the chicken breast to the pot, as well as the chicken or vegetable broth.
5. Bring to a boil and then reduce the heat to a light simmer. Cook for 30 minutes.
6. Take out the chicken breast, shred, and place back in the pot.
7. Add the kale and stir it in the hot soup.
8. Add salt and pepper (if using). Cook on a light simmer for a further 2-3 minutes.

Notes

- Dice the vegetables into small pieces to preference.
- Always check that the chicken has an internal temperature of 165F to ensure it is thoroughly cooked and then shred the chicken with two forks.
- Please note that nutritional information is offered as a courtesy / just an estimate.

Nutrition

Calories: 295cal | Carbohydrates: 17g | Protein: 31g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Cholesterol: 82mg | Sodium: 1960mg | Potassium: 1149mg | Fiber: 6g | Vitamin A: 17281IU | Vitamin C: 79mg | Calcium: 236mg | Iron: 3mg