

## Chicken Kale Soup with Pesto

Makes 5 servings

|               |   |
|---------------|---|
| 2 Tbsp        | olive oil or avocado oil, divided                                 |
| ½ cup         | carrots, diced  |
| ½ cup         | red bell pepper, diced  |
| 1 large       | boneless, skinless chicken breast (about 8 oz), cut into quarters |
| 1 large clove | garlic  |
|               | sprinkle of salt  |
| 5 cups        | low sodium chicken broth  |
| 1 ½ tsp       | dried marjoram  |
| 6 oz          | baby kale or spinach coarsely chopped                             |
| 1 (15 oz) can | low sodium cannellini beans                                       |
| 3 to 4 Tbsp   | pesto (homemade or store bought)                                  |
|               | freshly ground black pepper                                       |

1. Heat 1 Tbsp oil in a large saucepan over medium heat.
2. Add carrot, bell pepper and chicken. Cook turning the chicken and stirring frequently until the chicken begins to brown (approximately 3 to 4 minutes).
3. Lightly sprinkle the chicken with salt and add the garlic. Cook, stirring, for 1 minute.
4. Stir in broth and marjoram, bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally until the chicken is cooked through, about 5 minutes.
5. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool.
6. Add kale (or spinach) and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavours.
7. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot.
8. Season with pepper. Heat until hot.

Michele Blanchet, Registered Dietitian

[www.micheleblanchet.ca](http://www.micheleblanchet.ca)

[micheleblanchetdietitian@gmail.com](mailto:micheleblanchetdietitian@gmail.com)