

Lemon Chicken Soup



Servings: 8

*3 tablespoons olive oil
4 carrots, sliced
3 celery stalks, chopped
2 leeks, halved lengthwise and sliced
into half moons. (white and light
green parts only.)
1/4 teaspoon salt
1 tablespoon fresh thyme, chopped
1 lemon, zested and juiced
2 bay leaves
8 cups chicken stock
2 cups water
1 cup stelline pasta, or other small
pasta
3 pounds chicken, cooked and
chopped*

Heat olive oil in a pot over medium heat.

Add carrots, celery, and leeks. Sprinkle with salt. Cook stirring occasionally until the leeks are softened about 5 minutes.

Add thyme, lemon zest and juice, bay leaves, chicken stock, and water. Bring the soup to a boil. Reduce to a simmer and add stelline pasta. Cook until the stelline pasta is al dente about 7-8 minutes.

Add chicken to the pot in the last few minutes to heat through.

Remove the bay leaves and discard.

Serve

Per Serving (excluding unknown items): 528 Calories; 34g Fat (58.3% calories from fat); 39g Protein; 16g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 575mg Sodium; 6g Total Sugars; trace Vitamin D; 60mg Calcium; 3mg Iron; 762mg Potassium; 339mg Phosphorus. Exchanges: .