Hearty Low-Carb Chicken & Veggie Soup

A nourishing low-carb chicken soup packed with fresh mixed vegetables, perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 40 minutes

Ingredients

- 8 oz boneless skinless chicken breast, cubed
- 4 cups low-sodium chicken broth
- 1 cup chopped celery
- 1 cup chopped zucchini
- 1 cup chopped kale
- 1/2 cup chopped carrots
- 1/2 cup chopped green beans
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/4 tsp crushed red pepper flakes (optional)

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and garlic; sauté until translucent, about 3 minutes.
3. Add cubed chicken breast and cook until browned on all sides, about 5 minutes.
4. Pour in chicken broth and bring to a boil.
5. Add celery, zucchini, kale, carrots, and green beans.
6. Stir in thyme, oregano, salt, pepper, and red pepper flakes if using.
7. Reduce heat and simmer, uncovered, for 20 minutes until vegetables are tender.
8. Taste and adjust seasoning if needed before serving.

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