Hearty Chicken Lentil Veggie Soup

A savory low-sugar chicken and lentil soup packed with veggies, perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 50 minutes

Ingredients

- 8 oz boneless skinless chicken breast, cubed
- 1 cup dry brown lentils, rinsed
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 4 cups low-sodium chicken broth
- 2 cups water
- 1 cup diced tomatoes (no salt added)
- 1 tsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/2 tsp dried thyme
- 1 bay leaf
- Salt to taste
- Fresh parsley for garnish (optional)

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion, carrots, and celery; sauté until softened, about 5 minutes.
3. Add minced garlic and cook for 1 minute until fragrant.
4. Add cubed chicken breast and cook until lightly browned, about 4 minutes.
5. Stir in cumin, smoked paprika, black pepper, thyme, and bay leaf; cook for 1 minute.
6. Add lentils, diced tomatoes, chicken broth, and water to the pot; stir well.
7. Bring the soup to a boil, then reduce heat to low and simmer uncovered for 25-30 minutes, until lentils and chicken are cooked through.
8. Remove bay leaf; season with salt to taste.
9. Ladle soup into bowls, garnish with fresh parsley if desired, and serve warm.

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