

Chicken, Sweet Potato & Brown Rice Soup

10 ingredients · 50 minutes · 6 servings



Directions

1. Heat a large pot over medium heat. Add the oil, garlic, and sweet potato. Sauté for two to three minutes or until the garlic is fragrant and the sweet potato starts to brown.
2. Add the rice, broth, and coriander. Bring everything to a boil and then reduce to a simmer. Cover and cook for 15 minutes.
3. Add the chicken and continue cooking for 20 minutes or until the chicken and rice are cooked through.
4. Remove the chicken and roughly chop it. Add it back to the pot with the lemon juice and kale. Cook until the kale has just wilted. Season with salt and pepper, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 1 1/2 cups of soup.

Make it Vegan

Omit the chicken and add chickpeas.

More Flavor

Add minced onion, carrots, celery and fresh parsley.

Ingredients

- 2 tsps** Avocado Oil
- 1** Garlic (clove, large, minced)
- 1** Sweet Potato (medium, chopped)
- 1/2 cup** Brown Rice (dry, rinsed)
- 6 cups** Vegetable Broth, Low Sodium
- 1 1/2 tsps** Coriander
- 15 ozs** Chicken Breast (boneless, skinless)
- 1** Lemon (juiced)
- 2 cups** Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)