

# *Chicken and Vegetable Soup*

Prep time: 20 minutes—Cook time: 45 minutes

4 skinless, bone-in chicken breast halves, well trimmed (about 2 pounds)

2 large cloves, garlic, minced

1 tablespoon chopped fresh thyme

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 cup water

3 medium carrots, cut into chunks (1 ½ cups)

2 medium white turnips, peeled and cut into wedges

3 ribs celery with leaves, cut into 1" pieces

2 medium onions, cut into wedges

½ cup chopped fresh flat-leaf parsley

With kitchen shears, cut the chicken breasts in half crosswise. In a cup, mix the garlic, thyme, ¼ teaspoon of the salt, and the pepper. Rub the mixture all over the chicken and place the chicken in a Dutch oven.

Add the broth, water, carrots, turnips, celery, onions, and the remaining ¼ teaspoon salt. Cover and bring to a boil over high heat. Reduce the heat to low and simmer, covered, for 45 minutes, or until

the vegetables are tender and the chicken is no longer pink.

Stir in the parsley and ladle into deep soup bowls.

**Makes 4 to 6 main-dish servings (12 cups)**

**Per serving:** 323 calories, 48 g protein, 21 g carbohydrates, 5 g fat, 105 mg cholesterol, 1490 mg sodium, 5 g dietary fiber

**Diet exchanges:** 4 vegetable, 6 meat, ½ fat

**Carb choices:** 1

