



Lemon Chicken and Spinach Stew

Active Time: 5 minutes | **Total Time:** 30 minutes | **Serves:** 2

Nutrition Information Per Serving

326.8 calories, 10.29 g carbohydrate, 3.06 g fiber, 7.23 g NET carbs, 36.81 g protein, 16.24 g fat

Ingredients

- 4 cup(s) Pacific Organic Bone Broth (Chicken)
- 1/2 tsp(s) Real Salt
- 2 Tbsp(s) olive oil
- 1 stalk organic celery, diced
- 1 whole lemon juice
- 1/2 medium(s) organic onion, diced
- 1 medium organic carrot, diced
- 4 cup(s) chopped organic spinach
- 3/4 cup(s) pastured chicken breast (cooked)

Preparation

1. Heat the oil in a saucepan.
2. Add the onion, celery, and carrots, and cook until soft.
3. Stir in the spinach.
4. When wilted, add the broth and bring to a boil.
5. Shred the chicken and add along with the lemon juice and zest.
6. Season with salt and serve.

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