



## 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.&nbsp;
6. Season with salt and serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.