



Chicken & Spinach Soup with Fresh Pesto

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

295.8 calories, 16.05 g carbohydrate, 4.74 g fiber, 11.31 g NET carbs, 38.9 g protein, 8.88 g fat

Ingredients

- 3/4 cup(s) Earthbound Farms Baby Spinach
- 3/4 cup(s) Eden Foods Cannellini Beans
- 2 -8oz. breast(s) pasture-raised chicken
- 1 clove organic garlic, minced
- 1/3 cup(s) fresh basil leaves
- 4 cup(s) organic reduced-sodium chicken broth
- 1/2 Tbsp(s) dried marjoram
- 1 Tbsp avocado oil
- 1/4 cup(s) organic Parmesan cheese, grated

Preparation

1. Cut chicken into one-inch strips. Drain and rinse the beans.
2. Heat half the oil in a large saucepan or Dutch oven over medium-high heat.
3. Add chicken. Cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes.
4. Add garlic and cook, stirring, for 1 minute more.
5. Stir in broth and marjoram. Bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
6. Add spinach and beans to the pot and bring to a simmer. Cook for 5 minutes, gently stirring, to blend the flavors.
7. Combine the remaining oil, Parmesan and basil in a food processor or Magic Bullet. Process until a coarse paste forms, scraping down the sides as necessary.
8. Cut the chicken into bite-size pieces. Stir the chicken and basil pesto into the pot and bring to a boil to heat through.
9. Ladle into serving bowls and serve.

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