



Chicken, Kale and Bacon Stew

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

546.4 calories, 14.55 g carbohydrate, 2.01 g fiber, 12.54 g NET carbs, 39.24 g protein, 38.07 g fat

Ingredients

- 6 slice(s) pastured bacon, cooked
- 6 cup(s) organic chicken broth
- 6 cup(s) chopped organic kale
- 3 Tbsp(s) pastured butter
- 6 thigh(s) Chicken, Pasture-Raised
- 1/2 tsp(s) sea salt

Preparation

1. In a large pot or Dutch oven, melt the butter.
2. Add the kale and sea salt and cook, stirring, for 1 minute.
3. Pour in the broth and the cooked chicken. Simmer gently for 5 minutes.
4. Serve.

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