

Foodnity Recipes

Best Homemade Chicken Soup Recipe for Dinner

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken breast, boneless and skinless
- [ ] 8 cups low-sodium chicken broth
- [ ] 3 large carrots, sliced into rounds
- [ ] 3 stalks celery, diced
- [ ] 1 medium yellow onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil

Seasoning and Finishing

- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 1 tbsp fresh lemon juice

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Let them sweat gently for about 5 to 7 minutes until the onions are translucent. Don't let them brown; we want a clean, light flavor.
2. Stir in the minced garlic and dried thyme, cooking for just another minute until the scent fills the air. Now, pour in the chicken broth and add the bay leaf.
3. Gently slide the whole chicken breasts into the broth. Bring it to a very slight simmer, then turn the heat down to low. Cover and let it poach for about 15-20 minutes, or until the chicken is cooked through (165°F).
4. Carefully lift the chicken out of the pot and place it on a plate. Use two forks to shred the meat into bite-sized pieces. I usually do this while the soup continues to simmer on low.
5. Return the shredded chicken to the pot. Stir in the fresh parsley and the lemon juice. Season with salt and pepper, tasting as you go.

Nutrition per serving

210 kcal	28 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you want a thicker soup, you can add a handful of diced potatoes during step 2.
- For a more aromatic broth, you can sauté the bay leaf with the onions.
- Always use low-sodium broth so you can control the salt level yourself.