

Foodnity Recipes

Low Calorie High Protein Soups for Healthy Meals

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced into small cubes
- [ ] 1 tbsp olive oil
- [ ] 2 medium carrots, diced
- [ ] 2 stalks celery, diced
- [ ] 1 small yellow onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 6 cups low-sodium chicken broth

Seasoning & Finish

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

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion, carrots, and celery. Sauté for about 5-7 minutes until they start to soften and the onion becomes translucent.
2. Stir in the minced garlic and dried thyme. Cook for just about one minute—until the scent fills the kitchen—then carefully add the diced chicken.
3. Cook the chicken until it is no longer pink on the outside. Pour in the chicken broth and bring the mixture to a gentle simmer. Reduce the heat to low.
4. Let the soup simmer gently for about 15-20 minutes. This ensures the chicken is cooked through and the flavors have melded together nicely.
5. Turn off the heat. Stir in the fresh lemon juice and chopped parsley. Taste it one last time and add salt or pepper if you feel it needs a little more punch.

Nutrition per serving

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

Tips & notes

- For an extra protein boost, you can stir in some cooked lentils, similar to a lemon lentil soup.
- If the soup feels too thin, you can blend a small cup of the vegetables and broth and stir it back in for a bit of natural thickness.
- Always use a lid while simmering to prevent too much liquid from evaporating.