



Chicken Lemon soup with kale

A cozy, wholesome soup that's packed with lean protein, hearty veggies, and a bright burst of lemon. It's filling, flavorful, and perfect for chilly nights—or anytime you want a nourishing, one-pot meal.

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon dried oregano and/or thyme, divided
- 1½ teaspoons salt, divided
- ¾ teaspoon ground black pepper, divided
- 2 cups chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cloves garlic, minced
- 1 bay leaf
- 4 cups unsalted chicken broth
- ⅔ cup orzo pasta (preferably whole-wheat)
- 4 cups chopped kale
- 1 lemon, zested and juiced

Instructions

Step 1: Cook the Chicken

Heat 1 tablespoon of olive oil in a large pot over medium-high heat.

Add the chicken and season with ½ teaspoon oregano or thyme, ½ teaspoon salt, and ¼ teaspoon pepper.

Cook, stirring occasionally, until lightly browned, about 3–5 minutes.

Transfer the chicken to a plate using a slotted spoon.

Step 2: Sauté the Vegetables

Add the remaining tablespoon of oil to the same pot.

Stir in onions, carrots, and celery, scraping up any browned bits from the bottom.

Cook until the vegetables are softened and lightly browned, 3–5 minutes.

Add garlic, bay leaf, and the remaining ½ teaspoon oregano or thyme. Cook for 30–60 seconds, until fragrant.

Step 3: Simmer the Soup

Pour in the chicken broth and bring to a boil.

Add the orzo, reduce heat to maintain a simmer, cover, and cook for 5 minutes.

Return the chicken and any juices to the pot, along with the chopped kale.

Continue simmering until the orzo is tender and the chicken is fully cooked, about 5–8 more minutes.

Step 4: Finish with Lemon

Remove from heat. Discard the bay leaf.

Stir in the lemon zest, lemon juice, and remaining $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

Taste and adjust seasoning as needed.