

## Chicken-Vegetable Soup

### Ingredients

2 Tbsp olive oil	¼ tsp cayenne pepper
1 medium yellow onion, diced	½ tsp <i>each</i> fine sea salt and black pepper
8 oz cremini mushrooms, sliced.	1 dried bay leaf
2 large carrots, thinly sliced	1½ lb boneless, skinless chicken thighs, trimmed
2 celery stalks, thinly sliced	2 quarts chicken broth
4 large garlic cloves, minced	3 c chopped stemmed Lacinato kale (or 5oz bag of greens)
1 Tbsp chopped fresh sage	juice of 1 lemon (2 Tbsp)

### Directions

Heat oil over med-high heat and sauté onion, mushrooms, carrots and celery for 6-8, stirring occasionally, until softened. Add garlic, sage, peppers, salt, and bay leaf, stirring constantly for 1 minute. Add chicken and broth and bring to a boil. Reduce heat to medium and simmer undisturbed until chicken is fork tender, 25 minutes. Remove chicken to a plate; shred when cooled. Meanwhile stir in kale and simmer until tender, about 5 minutes. Stir in shredded chicken and lemon juice and serve. *Cooked barley or lentils can be added just before serving.*

*cooking with care*

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