

Spring Chicken Soup with Kale and Basil



Ingredients:

- 1 ¼ pounds boneless, skinless chicken breast or thighs, cut into ¾ pieces
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ minced onion
- 2 tablespoons olive oil
- 1 32 oz reduced sodium chicken broth (4 cups)
- 1 bunch kale, washed, trimmed and cut in 1-inch pieces
- ¼ cup chopped fresh basil
- ¼ cup finely shredded Parmesan cheese

Directions:

1. Sprinkle chicken with salt and pepper. In a large saucepan cook chicken and onions in hot olive oil over medium heat about 8 minutes or until chicken is browned and onions are tender.
2. Carefully stir in chicken broth. Bring to boil; reduce heat. Stir in kale. Simmer, uncovered, about 5 minutes or until kale is tender.
3. Just before serving, stir in fresh basil. Sprinkle servings with Parmesan cheese.