



Wellness-Boosting Chicken Soup



This recipe calls for:

Chunky Marinara Pasta Sauce

Prep time

20 MINUTES

Cook time

30 MINUTES

Servings

4

Ingredients

- 1 tablespoon olive oil, plus additional for drizzling
- 1 onion, chopped
- 1 carrot, chopped
- 2 ribs celery, chopped
- 4 cloves garlic, thinly sliced
- 1 - 1/2 teaspoon kosher salt
- 1 - 1/2 teaspoon black pepper
- 6 cups chicken bone broth
- 1 cup dry brown lentils
- 1/2 cup white quinoa
- 1 jar (24 ounce) RAGÚ Simply™ Chunky Marinara Pasta Sauce

1 - 1/2 pounds cooked rotisserie chicken meat, coarsely shredded - (about 5 cups)
4 cups lightly packed stemmed kale leaves, torn into bite-sized pieces
1/2 cup Greek yogurt, stirred
1-1/2 teaspoon ground turmeric

Instructions

1. Heat oil in large pot on medium-high heat. Add vegetables, garlic, turmeric, salt and pepper; cook 4-5 min. or until softened. Stir in broth, lentils and quinoa; bring to boil. Cover. Cook on low heat 15-20 min. or until lentils are tender.
2. Stir in sauce, chicken and kale; cook 5 minutes or until heated. Top each serving with 1 tablespoon yogurt and a light drizzle of olive oil.

Tips: To simplify prep work, take advantage of pre-chopped vegetables from the produce department of the grocery store. Chicken bone broth is a nutritious stock made by simmering bones, joints and aromatics in water for a long period of time. The resulting liquid is thick, rich in protein, collagen and gelatin, and makes a delicious base for soups and stews. Look for it in the same aisle as chicken broth.