



Greek Lemon Chicken Soup



1/8 of recipe (about 1 cup): 111 calories, 2g total fat (0.5g sat. fat), 759mg sodium, 8.5g carbs, 2.5g fiber, 4g sugars, 15g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

1 lb. raw boneless skinless chicken breast
6 cups chicken broth
2 cups chopped carrots
1 cup chopped onion
2 tbsp. lemon juice
2 tsp. chopped garlic
1 tsp. [Greek seasoning blend](#)
3 cups frozen riced cauliflower
Optional seasonings: salt and black pepper

Directions

Place chicken in a large pot. Add all remaining ingredients except cauliflower. Gently stir. Bring to a boil.

Once boiling, reduce to a simmer. Stirring occasionally, cook for about 6 minutes, until chicken is fully cooked.

Transfer chicken to a large bowl, and shred with two forks.

Return chicken to the pot. Add cauliflower, and mix well. Continue to cook and stir occasionally until veggies have softened, about 6-8 more minutes.

MAKES 8 SERVINGS

HG FYI: Watching your sodium? Use reduced-sodium or low-sodium chicken broth to save 200 -500mg sodium per serving.

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