

# Turbo Atkins Diet Soup

Yield: 14 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/atkins-mexican-chicken-recipe>

## Ingredients:

- 4 slices bacon chopped
- 1 tablespoon olive oil
- 1/4 cup onions chopped
- 1 tablespoon garlic fresh, minced
- 1/4 cup sun-dried tomatoes chopped
- 1 cup white mushrooms sliced
- 8 cups chicken stock
- 3 cups water
- 2 cups celery root peeled and chopped into 1/2 inch cubes, or cauliflower, jicama, radish, turnip
- 4 cups cooked chicken breasts chopped
- 2 cups yellow squash sliced and quartered
- 1 cup green beans cut into 1 inch pieces
- 4 cups Swiss chard chopped, or collards – NOT KALE
- 2 tablespoons red wine vinegar
- 1/4 cup fresh basil chopped
- salt
- pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 5 grams

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