

Hearty Chicken and Vegetable Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chicken-chickpeas-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 onion large, chopped
- 4 carrots medium, cut into cubes
- 2 garlic cloves crushed
- 2 pinches red pepper flakes
- freshly ground pepper
- coarse salt
- 5 1/4 cups store bought low sodium chicken stock or homemade
- 1 1/2 cups water
- 2 yukon gold potatoes about 12 ounces, cut into cubes
- 3 cups fresh spinach
- 15 ounces chickpeas drained and rinsed
- 2 tablespoons fresh lemon juice
- 1 whole chicken roasted and shredded, I use this recipe

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 150 milligrams
4. Fat: 15 grams
5. Fiber: 11 grams
6. Protein: 56 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 760 milligrams
9. Sugar: 4 grams

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