

Hearty Chicken and Bean Soup

Recipe By *Brynne Greisman*



Cooking and Prep:  5 h

Serves:  10

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Gluten Free, Sugar Free

Source: Family Table by

Mishpacha Magazine

Not your typical chicken soup! It is chock-full of fiber, protein, and veggies. I served it recently at a family gathering, and my three-year-old picky eater granddaughter “zooped” it up straight from the bowl, smacking her lips, much to my delight and to the major mortification of my daughter-in-law.

Ingredients (12)

Main ingredients

- 2 cups dried baby lima beans
- 2 pounds (1 kilogram) boneless skinless chicken breasts, cubed
- 1 teaspoon salt, or to taste, divided
- 2 tablespoons oil, divided
- 1 large onion, chopped
- 3 medium carrots, sliced

- 3 ribs celery, thinly sliced
 - 1 clove garlic, chopped or 1 cube **Gefen Frozen Garlic**
 - 3 tablespoons chicken soup mix, dissolved in 4 cups of warm water
 - additional 4 cups water
 - pepper, to taste
 - 1/4 cup fresh parsley, minced
-

Start Cooking

Precook the Beans

This step can be done the day before. Refrigerate beans until using.

1. Place beans in a strainer and rinse with cold water.
2. Transfer to a six-quart pot; add water to cover by two inches. Bring to a boil. Lower heat and cook, covered, for 15 minutes. Remove from heat, cover pot with towel and let stand for three hours until beans are softened.
3. Drain and rinse beans, discarding liquid. Set aside.

Prepare the Soup

1. Sprinkle chicken with a half teaspoon of salt. In the same pot, sauté chicken in one tablespoon oil until no longer pink. Drain and set aside.
2. Sauté onion in remaining oil until translucent. Add the carrots, celery, and garlic; sauté two to three minutes longer. Stir in the chicken soup mixture, water, pepper, beans, and chicken; bring to a boil.
3. Reduce heat; cover and simmer for one and a half hours or until beans are tender. Stir in parsley and remaining half teaspoon salt. Let sit for a few minutes before serving.

Variation:

You can also add a handful of minced fresh dill if desired.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.