

# CHICKEN, COLLARD GREENS, AND SWEET POTATO SOUP

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Yield: 4 servings | Total Preparation Time: 50 minutes



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## Ingredients

- 3/4 lb chicken breast
- 1 lb fresh collard greens
- 1 cup onion, chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon olive oil
- 4 cups low-sodium chicken broth
- 1 cup water
- 1 can (15.5 ounces) beans of choice, drained and rinsed
- 1 medium sweet potato, peeled and cut into 3/4 inch cubes
- Salt and pepper to taste

## Instructions

1. Season chicken with salt and pepper and set aside.
2. Slice the stems from the collard greens, halve the leaves lengthwise and layer them in stacks of 6 or 7. Roll the leaves tightly from the short end, and slice them into ribbons about 1/4-inch wide. Set aside.
3. Heat olive oil over medium heat in a soup pot. Add the onion and garlic and sauté until the onion is soft and translucent, 2 to 3 minutes. Add the chicken and continue sautéing until all traces of pink are gone, 5 to 6 minutes longer. Shred the chicken.
4. Stir in the broth, water, and beans. Cover and reduce the heat to medium. Cook for 5 minutes, then add the collard greens and sweet potato and season to taste with salt and pepper.
5. Re-cover and cook until the sweet potato is tender, 8 to 10 minutes more.
6. Serve hot and ENJOY!



*Soup is a great meal option for keeping you both hydrated and full with fewer calories due to high water content! When possible, include lean proteins such as chicken breast and beans to make it a complete meal. Feel free to get creative and add in as many veggies as possible. This can help both add more nutrients and reduce food waste!*

