

Vitamin-rich kale and carrots, combined with protein-loaded lentils and chicken, make this delicious soup a terrifically healthy weeknight meal. The savory onions and garlic, along with fresh basil and colorful tomato ensure a tasty chicken soup the whole family will love. If you can't find quick cooking red lentils, substitute the yellow or green variety.

## Kale, Lentil & Chicken Soup

Nonstick cooking spray  
1 C chopped onion  
1 C coarsely chopped carrots  
2 cloves garlic, minced  
6 C reduced-sodium chicken broth  
1 T snipped fresh basil or 1 t dried basil, crushed  
4 C coarsely chopped fresh kale (about 8 ounces)  
1/4 t salt  
1/8 t black pepper  
1-1/2 C cubed cooked chicken (about 8 ounces)  
1 medium tomato, seeded and chopped  
1/2 C dry red lentils\*

t = teaspoon T = tablespoon C = cup
---



Coat an unheated large nonstick saucepan with nonstick cooking spray. Preheat over medium-low heat. Add onion, carrots, and garlic to hot saucepan. Cover and cook for 5 to 7 minutes or until vegetables are nearly tender, stirring occasionally.

Add chicken broth and dried basil (if using) to vegetable mixture. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Stir in kale, salt, and pepper. Return to boiling; reduce heat. Cover and simmer for 10 minutes.

Stir in chicken, tomato, red lentils, and fresh basil (if using). Cover and simmer for 5 to 10 minutes more or until kale and lentils are tender. Makes 6 servings.

\*NOTE: If you wish to substitute brown or yellow lentils for the red lentils, you'll need to increase the cooking time. Check the package directions for cooking times and add the lentils in Step 2.

cook time: 25 mins

servings: 6