

Food Babe's Wedding Weight Loss Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	30 mins	40 mins	4

<https://foodbabe.com/wedding-weight-loss-soup>

Ingredients:

- 1 pinch sea salt
- 1 pinch ground black pepper
- 1 tablespoon extra virgin olive oil
- 1 large yellow onion, chopped
- 2 cups celery, chopped
- 2 cups kale, chopped
- 1 bay leaf
- 1 pound chicken breast
- 4 cups chicken broth
- 2 cups filtered water
- 1 ½ cups cooked cannellini beans

Instructions:

1. Salt and pepper organic chicken breast on each side, cut into small cubes and set aside.
2. Heat large pot with olive oil on medium for about 3-5 minutes.
3. Add chopped onions and celery and cook until soft about 5-7 minutes.
4. Add the bay leaf, broth, water and chicken and turn heat up to high.
5. Once it comes to a boil, reduce heat down to a simmer for 10 minutes.
6. After 10 mins add cannelloni beans and chopped kale and cook another 10 minutes.
7. Remove bay leaf before serving.
8. Serve with Mary's Gone Crackers (onion is my favorite!)

Notes:

- This soup can easily be made vegan by adding one extra can of beans, omitting the chicken, and changing to vegetable broth which sometimes I do, if I make this on Tuesdays, the day that I give up meat entirely each week.