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# Kale, Lentil, and Chicken Soup

**Prep Time:** 25 mins

**Cook Time:** 25 mins

**Total Time:** 50 mins

## Ingredients

- 1 tablespoon oil, olive
- 1 cup(s) onion(s), chopped
- 1 cup(s) carrot(s), coarsely chopped
- 2 clove(s) garlic, minced
- 6 cup(s) broth, reduced-sodium chicken
- 1 tablespoon basil, fresh, or 1 teaspoon dried basil, crushed
- 4 cup(s) kale, coarsely chopped
- 1/2 teaspoon salt
- 1/8 teaspoon pepper, black ground
- 1 1/2 cup(s) chicken, breast (cooked), cubed
- 1 medium tomato(es), seeded and chopped
- 1/2 cup(s) lentils, red

## Preparation

1. In a large saucepan, heat oil over medium-low heat. Add onion, carrots, and garlic. Cover and cook for 5 to 7 minutes or until vegetables are nearly tender, stirring occasionally.
2. Add 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.
3. Stir in cooked 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.

