

CHICKEN CAULIFLOWER SOUP



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	1 Tbsp.	Dried Thyme Leaves	½ Tsp.
Stalks Celery, Chopped	2	Paprika	½ Tsp.
Chopped Leeks	¼ Cup	Chicken Broth	4 Cups
Salt and Pepper	To Taste	Boneless, Skinless Chicken Breast, Cubed	1 Lb.
Cloves Garlic, Minced	2	Riced Cauliflower (About 2 Cups)	8 Oz.



PREPARATION

- ☛ In a large pot, heat the oil over medium heat.
- ☛ Add the chopped celery and leeks. Season with a pinch of salt and pepper. Sauté for about 5 minutes until they begin to soften.
- ☛ Stir in the minced garlic, dried thyme leaves, and paprika. Sauté for another 1-2 minutes until the garlic is fragrant.
- ☛ Add the chicken broth to the pot. Bring it to a gentle simmer.
- ☛ Once the broth is simmering, carefully add the cubed chicken breast. Simmer for about 10-15 minutes or until the chicken is cooked through and no longer pink in the center.
- ☛ Add the riced cauliflower to the soup. Continue to simmer for an additional 5-7 minutes until the cauliflower is tender.
- ☛ Taste the soup and adjust the seasoning with salt and pepper to your liking.
- ☛ Ladle the hot chicken cauliflower soup into bowls. Garnish with fresh herbs if desired.
- ☛ Serve hot and enjoy your comforting and healthy soup!