

RECIPE

Chicken and Potato Soup with Greens

PREP: 10 minutes

COOK: 25 minutes

TOTAL: 35 minutes

SERVES: 4

INGREDIENTS

- 2 Tbs butter or oil
- 1 medium onion, diced
- 1 medium carrot, diced
- 4 cups milk
- 1 cup water, more as needed
- 1 lb diced potatoes
- 1 ½ cups instant mashed potatoes
- 1 can collards, spinach or other greens
- 2 cans chicken meat (25 oz)
- 1 ½ tsp salt
- 1 tsp pepper

METHOD

1. Heat oil or butter in large pot over medium heat. Add onions and saute until softened, 2-3 minutes. Add carrots and saute 2-3 minutes.
2. Add milk, water, and diced potatoes and bring to a boil. Reduce heat to a simmer and cook until potatoes are fully cooked, 15-20 minutes.
3. Add instant mashed potatoes and mix well, stirring constantly to avoid lumps.
4. Add greens, chicken meat, salt, and pepper. If soup is too thick, thin with water or additional milk. If soup is too thin, simmer for 10 minutes or so. Adjust seasoning as needed.

NOTES

- Garnish with shredded cheese, if desired.
- Changing the seasonings can make a big difference; try red pepper flakes, garlic powder, or dried herbs.