

Lemon Chicken Vegetable and Kale Soup (low FODMAPs)



Serve 8 (size 480ml)

Energy: 616kj (147Kcal), protein: 11g, total fat: 8g, saturated fat: 2g, carbohydrate: 6g, dietary fibre: 6g, sodium: 130mg per 100g

Ingredients

- Olive oil x 2 tbs (infused with 4 cloves garlic cut into large pieces – use the oil as part of the recipe)
- Asafoetida x 1/4 teaspoon
- Carrot x 2 - 3 medium size or 300g
- Zucchini x 2 -3 medium size or 300g
- Capsicum (red) x 1 large
- Broccoli x ½ small
- Vegetable stock x 2 litres – (you can use chicken stock, but this may increase sodium content)
- Parsley either flat or curly leaf (chopped) x 1 cup or a good handful

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- Bay leaves x 2
- Lemons x 2 or 150g
- Raw Chicken mince x 320g
- Kale chopped x 1 bunch or 200g
- Spring Onions (green part only) x 4 stalks

Method

Note* This recipe can be made in two variations; one is leaving chunky vegetables, or the other is pureeing the whole soup; the advantage of pureeing the soup is it is most suitable for the elderly.

1. Heat garlic infused oil in a large seven litre saucepan
2. Finely dice celery, carrots, zucchini, capsicum and broccoli and set aside
3. Add the diced vegetables until it becomes slightly cooked and stir, making sure it does not burn and stick to the bottom of the pot.
4. Add only half of the stock until the vegetables are covered with liquid (as you cook the soup, it will require more to stop it going to dry)
5. Cut lemons in half (it is important to remove the seeds because the seeds can make the soup bitter). Add juice of lemon.
6. Add the bay leaves
7. Add the asafoetida
8. Cover and bring to the boil and then reduce the heat to a gentle simmer and cook for a further 30 minutes, remembering to add more stock as needed.
9. Make small balls with chicken mince and gradually add to the soup and cook for further 10 minutes
10. You may need to add stock continually during the cooking ensuring the soup does not go dry and keeping the soup is just covered with liquid.
11. *Note if you are planning to puree this soup, it is easy to add more liquid to give you your desired consistency, but it is harder to remove excess stock.
12. Now add the kale and cook until softened.
13. Slice the spring onions and use as garnish and serve.

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