

Chicken, Potato, and Kale Soup (E)

(P - Here's an amazing soup recipe from one of our THM community members, Esther Lewis. She shared it on our Facebook group when I asked members to pass along their easiest meals. Esther said, "This is my E Meal recipe that my whole family loves. It's so delicious and quick.")

Serene and I call easy meals "Sweatpants Meals" because they're so stress-free—like comfy sweatpants that you just want to wear over and over again. Esther's soup is one of these for her life. It has plenty of protein but also contains nice, adrenal-healing carb amounts, and of course, there are great veggies included to scrub her muscle cells and unclog fat cells.

This recipe is not too high in density to burn and can be a perfect partner for anyone walking their wisdom journey into unstuck.

Pre-cooked potatoes make this meal so fast to make, but if you don't have those on hand, you can do as Esther does and cook them while you're browning your meat. Esther uses a microwave to cook her potatoes, but you could use another cooking method if you don't love the microwave. Another option is to just put the diced potatoes in the soup raw... your soup will take longer to be ready, but well, that's up to you.)

Makes Approximately 4 Servings

INGREDIENTS:

- 1 lb ground chicken (use 96% lean or rinse fattier chicken in hot water after cooking)
- 4 generous-sized gold or red potatoes, cubed (precooked until tender but not too soft)
- ½ cup frozen corn
- 1 cup or more frozen kale (can use spinach if desired)
- 32 oz chicken bone broth (Esther likes to use Pacific Foods Organic Chicken Bone Broth with Black Garlic and Shiitake Mushroom)



- 2 Tbs Worcestershire sauce (Esther likes Lea & Perrin's brand)
- ½ Tbs Herbes de Provence
- 2 tsp garlic powder (Esther loves this but says to omit it if not your fave)
- 2 tsp dried chives
- [TH Mineral Salt](#) and black pepper (optional; to taste)

INSTRUCTIONS:

1. Cook the ground chicken in a large skillet or use a medium soup pot.
2. Once the chicken is fully cooked, add the bone broth and the remaining ingredients to the pan. Heat until boiling, and then it's ready!

Protein Nerd Notes:

Your Protein Level 3 Nerd needs are well met here between the ground chicken and the high-protein broth. If your soup serving size is small, feel free to have a half serving of [TH ESSENTIAL](#) in your water alongside your meal or a half serving of one of our other optimized proteins with your meal. If you desire to use less meat protein for this E Meal, you can brown the entire pound of chicken but then remove half of it and use that for later meals in your week. Enjoy the meal as E Protein Option 1 and get the rest of your protein in with one of our optimized powders.