

CREAMY CHICKEN, WHITE BEAN, SWEET POTATO & KALE ZUPPA TOSCANA



Cook Time	Prep Time	Total Time
25 minutes	15 minutes	40 minutes

NUTRITION FACTS

Number of Servings		6	
Calories Per Serving		~360	
Total Fat	~11 g	Total Carbohydrate	~36 g
Saturated Fat	~3 g	Dietary Fiber	~7 g
Trans Fat	0 g	Total Sugars	~8 g
Cholesterol	~70 mg	Added Sugars	0 g
Sodium	~430 mg	Protein	~31 g

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1 pound sweet potatoes, peeled and cut into ½-inch dice
- 1 teaspoon dried thyme or 1 tablespoon fresh thyme leaves
- ½ teaspoon dried sage, optional
- ¼ teaspoon crushed red pepper flakes, or to taste
- ¼ teaspoon black pepper
- 4 cups low-sodium chicken broth
- 1 (15-ounce) can no-salt-added cannellini or Great Northern beans, drained and rinsed
- 1 pound shredded rotisserie chicken, skin removed
- 4 cups chopped kale, tough stems removed
- ½ cup evaporated milk or half-and-half
- 1 tablespoon fresh lemon juice, plus zest if desired
- 2 tablespoons grated Parmesan, optional for serving

DIRECTIONS

1. **Build the base.** Heat olive oil in a large soup pot over medium heat. Add onion and cook 3-4 minutes, until softened. Add garlic and cook 30 seconds.
2. **Add the sweet potatoes.** Stir in sweet potatoes, thyme, sage, red pepper flakes, and black pepper.
3. **Simmer.** Add chicken broth and bring to a gentle boil. Reduce heat and simmer 10-12 minutes, until the sweet potatoes are nearly tender.
4. **Add protein.** Stir in the beans and shredded chicken. Simmer 5 minutes, until heated through and the sweet potatoes are tender.
5. **Add the greens.** Stir in kale and cook 2-3 minutes, until wilted but still bright.
6. **Make it creamy.** Reduce heat to low and stir in the evaporated milk or half-and-half. Warm gently; do not boil.
7. **Brighten and serve.** Remove from heat and stir in lemon juice. Taste and adjust pepper or red pepper flakes. Top with Parmesan, if desired.

TIPS

- Rotisserie chicken is a useful convenience ingredient: remove the skin and combine a modest amount of chicken with beans and vegetables to stretch it into several meals.
- Add the creamy ingredient at the end and keep the heat low so the broth stays smooth. A squeeze of lemon keeps the finished soup bright rather than heavy.



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