

## Tuscan Chicken and Chickpea Soup

I get a lot of flack when I say that I love kale, but I really do. Especially the dinosaur (or lacinato, but that's harder to pronounce) kind that is rough and dark green and sweeter than the curly variety. But I like them all.

While my favorite way to eat kale is in a salad, I also love it in soup. Unlike more delicate greens, kale holds up well and doesn't get slimy and nonexistent like spinach. It's perfect for a hearty soup, like this one.

Full of chicken, chickpeas, and veggies, this soup is perfect for a chilly night. It's filling and flavorful, and won't leave you hunting through your pantry an hour after dinner (what? that never happens to me!)

I've made this soup a dozen times, but this is the first time I've made what I think is an amazing ingredient swap — instead of red pepper flakes like the traditional version calls for, I used Ava Jane's Kitchen Hot Roasted Garlic blend. Now, don't get me wrong, the red pepper version is still delicious. But red pepper flakes taste so flat now compared to the complex, roasted garlic flavor in this blend. It's not just overwhelming heat like pepper flakes; you actually get some *flavor*.

Serve this with some good crusty bread and a glass of your favorite white wine, and I guarantee your worries will disappear. Or at least your hunger.

## Tuscan Chicken and Chickpea Soup

Serves 4-6

Prep time: 40 minutes

### Ingredients:

- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 2 teaspoons Ava Jane's Kitchen Hot Roasted Garlic Blend
- 2 potatoes, diced
- 2 14 ounce cans diced tomatoes
- 1 14-ounce can chickpeas, drained
- 2-3 chicken breasts (about a pound)
- 6 cups chicken broth
- 1 bunch lacinato kale, chopped into bite sized pieces
- Juice of 1 lemon

### Directions:

Heat the oil to medium high heat in a large pot or Dutch oven. Add the onion and cook until softened. Add the garlic, seasonings, and potatoes. Stir and cook for 2 minutes.

Add the tomatoes, chickpeas, chicken and broth. Bring to a boil; reduce and simmer for 10-15 minutes, until chicken is cooked through.

Remove chicken, let cool slightly and shred with two forks. Add back to the pot.

Add the kale, simmer for 5 minutes, and add the lemon juice.

Serve immediately.