

## Tuscan Chickpea Chicken Soup

### INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cloves garlic, minced
- 1 teaspoon salt, divided
- 1/2 teaspoon crushed red pepper flakes, optional
- 1 teaspoon fresh thyme (1/4 teaspoon dried)
- 1 teaspoon fresh sage, chopped (1/4 teaspoon dried)
- 1 teaspoon fresh oregano, chopped (1/4 teaspoon dried)
- 8 cups chicken stock
- 1 15-ounce can chickpeas, drained
- 1 14.5-ounce diced tomatoes
- 2 cups cooked chicken, chopped
- 2 cups kale, chopped
- 2 tablespoons fresh lemon juice
- 1 cup parmesan cheese, for garnish

### DIRECTIONS

1. In a large pot, heat the olive oil over medium heat. Add the onions and saute until golden.
2. Add the carrots, celery, 1 teaspoon salt, and red pepper flakes.
3. Saute for 3 more minutes.
4. Add the garlic, thyme, sage, and oregano and saute for 3 more minutes.
5. Add 1/4 cup of stock to deglaze the pan, scraping up any browned bits. Cook until liquid has evaporated, about 2 minutes.
6. Add the remaining stock, chick peas, tomatoes, and chicken. simmer for 15 minutes.
7. Add the kale and 1/2 teaspoon salt and simmer until the kale has softened, about 5 minutes.
8. Remove from heat, Add fresh lemon juice and additional salt if needed.
9. Serve with a sprinkle of parmesan cheese.

