

# Spring Chicken Soup



*Recipe from Delish*

This [healthy soup](#) will take you all the way through spring. Use whatever vegetables you have to make this the easiest soup to throw together.

**YIELDS: 6 SERVINGS**

**PREP TIME: 0 HOURS 10 MINS**

**TOTAL TIME: 0 HOURS 40 MINS**

## INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1/2 lb. asparagus, trimmed and cut into 1" pieces
- 2 zucchini, cut into half moons
- 2 cloves garlic, minced
- 1 tsp. oregano
- Kosher salt
- Freshly ground black pepper
- 6 c. chicken broth
- 2 sprigs thyme
- 1 lb. boneless skinless chicken breast
- 1/4 c. lemon juice
- 1 c. frozen peas
- 1 c. frozen corn
- Lemon slices, for garnish
- Freshly chopped parsley for garnish

## DIRECTIONS

- 1** | In a large pot over medium heat, heat olive oil. Add onion, carrots, celery, asparagus, and zucchini and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute then season with oregano, salt, and pepper.
- 2** | Pour in chicken broth and thyme. Bring to a boil, then add chicken and lower heat. Let simmer until chicken is cooked through, 10 minutes.
- 3** | Remove chicken from pot and shred with two forks. Add chicken, lemon juice, peas, and corn to pot. Cook until warmed through, 5 minutes. Garnish with lemon slices and parsley to serve.