

Treasure Barrel

ABC Soup: Healthy Chicken and Vegetable Soup Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 2 lbs bone-in, skin-on chicken thighs
- [ ] 2 quarts cold water
- [ ] 1 large onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 bay leaves
- [ ] 1 tsp black peppercorns

Vegetables

- [ ] 4 large carrots, cut into 1-inch chunks
- [ ] 3 medium potatoes, cut into 1-inch cubes
- [ ] 2 celery stalks, chopped
- [ ] 1 tsp salt (plus more to taste)
- [ ] ½ tsp black pepper

Finishing Touches

- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh dill, chopped
- [ ] Juice of ½ lemon

Instructions

1. Start by patting your chicken thighs dry with paper towels - this helps them brown nicely. Heat a large soup pot over medium-high heat and add just a tiny bit of oil. Place the chicken skin-side down and let it cook without moving for about 5-7 minutes, until the skin is golden brown and crispy. I love the sound it makes - that satisfying sizzle that tells you good things are happening. Flip the chicken and cook for another 3-4 minutes on the other side. Remove the chicken and set it aside - don't worry, it'll go back in soon!

2. Now, in that same pot with all the delicious chicken drippings, add your chopped onion. The sizzle will be music to your ears as the onion hits the hot pot. Cook for about 5 minutes, stirring occasionally, until the onions have softened and taken on a little color. Then add the garlic and cook for just another minute until you can smell that wonderful garlic aroma. This step builds so much flavor foundation for your soup.

3. Return the chicken to the pot and add the cold water - yes, cold water! It helps create a clearer broth. Toss in the bay leaves and peppercorns too. Bring everything to a gentle boil, then reduce the heat to a simmer. You'll notice little bubbles coming up around the edges rather than a rolling boil. Let this simmer uncovered for about 20 minutes - this is when the broth starts developing its deep, rich flavor.

4 After 20 minutes, add your chopped carrots, potatoes, and celery to the pot. The vegetables will sink down into that beautiful broth and start softening. Continue simmering for another 20-25 minutes, until the vegetables are tender but still hold their shape. I like to test a potato cube with a fork - it should slide in easily but not be mushy. The chicken should be falling-off-the-bone tender by now too.

5 Remove the pot from the heat and carefully take out the chicken thighs. Let them cool just enough to handle, then remove the skin and bones. Shred the meat with two forks or your fingers - I actually love this part, it's so satisfying. Return the shredded chicken to the pot. Stir in your fresh herbs and lemon juice - these fresh touches at the end really brighten everything up. Sometimes I'll serve this with a creamy pasta on the side for a really special meal.

Nutrition per serving

285 kcal	28 g	25 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will thicken as it cools due to the natural starches from the potatoes - this is normal and actually desirable for that perfect soup consistency.
- If you want a clearer broth, you can skim off any foam that rises to the surface during the first 10 minutes of simmering. I don't always bother, but it does make for a prettier presentation.
- This soup freezes beautifully! Let it cool completely, then transfer to freezer-safe containers. It'll keep for up to 3 months. Just thaw overnight in the refrigerator before reheating.
- Don't be afraid to play with the vegetable combinations - this soup is very forgiving. I've added green beans, corn, even some chopped kale in the last few minutes of cooking.
- The lemon juice at the end is optional but really makes a difference - it brightens all the flavors and cuts through the richness of the broth.