

Butternut-Squash and Kale Chicken Soup

Ingredients:

- 1 lb. cubed, boneless, skinless chicken breast
- 1 Tbs olive oil
- 2 cups peeled and cubed butternut squash
- 2 Tbs minced garlic
- 1 cup chopped yellow onion
- 1 Tbs minced jalapeno peppers (optional)
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. freshly ground black pepper
- 3/4 tsp. kosher salt
- 4 cups unsalted chicken stock
- 2 cups kale, chopped
- 3 Tbs parsley

Preheat oven to 400 degrees. Place chicken breasts in an oven-safe pan and bake for 20 minutes (or until cooked through). One baked, let cool and cube. Set aside.

Heat a large dutch oven or large sauce pan over medium-high heat. Add olive oil and swirl to coat. Add squash and sauté for about 10 minutes or until lightly browned on all sides, stirring frequently. Remove squash from dutch oven and set aside.

Add garlic and next 6 ingredients (through kosher salt) to your pan; sauté until vegetables are tender. Add chicken stock and bring to a boil. Reduce heat to medium-low and let simmer for 10 minutes.

Add reserved squash to the pan, along with the kale and chicken. Cook until heated through. Add parsley and serve! Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"It's not a short-term diet; it's a long-term lifestyle change."
- Anonymous***