



Herby chicken & butter bean soup

READY IN



80 min.

SERVINGS



6

CALORIES



595 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 chicken thighs skinless leftover (thigh or leg meat is best)
- ☐ 2 tbsp canola oil
- ☐ 2 onion chopped
- ☐ 6 carrots chopped
- ☐ 3 sprigs rosemary leaves picked chopped
- ☐ 3 sprigs sage leaves picked chopped
- ☐ 3 sprigs thyme leaves leaves picked chopped
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander

- ☐ 1 tsp turmeric
- ☐ 1 tbsp flour plain
- ☐ 400 g butter drained canned
- ☐ 6 servings top

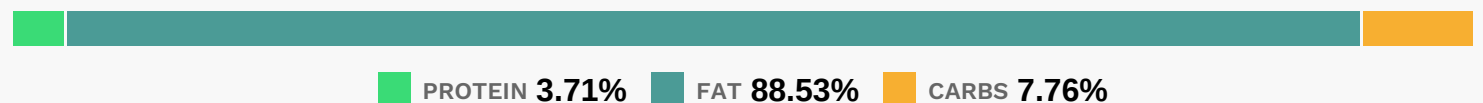
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ If using a leftover chicken carcass, place in a large saucepan and cover with 2 litres of water. Bring to the boil, then cover with a lid and gently simmer for 20 mins. Meanwhile, heat the oil in another large saucepan. If using chicken thighs, add these and brown on all sides, then remove and set aside.
- ☐ Add the onions to the oil and cook for 10 mins until starting to caramelise.
- ☐ Add the carrots, herbs, spices and flour, and stir for 1–2 mins to toast the spices. If using a chicken carcass, strain the cooking liquid into the pan with the vegetables, otherwise add the browned chicken thighs and stock. Stir well, cover and simmer for 30 mins.
- ☐ If using chicken thighs, remove them from the pan, shred the meat and discard the bones.
- ☐ Add the meat (or the meat from the carcass) back into the soup, along with the butter beans, season and heat through for 1–2 mins.
- ☐ Use a hand-held blender to blitz the soup until smooth, or leave it chunky. Or blend about half, so its creamy but still has chunks of chicken, carrot and butter bean.
- ☐ Serve with extra pepper, and good crusty bread.

Nutrition Facts



Properties

Glycemic Index:67.39, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:13.226521720057%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 595.16kcal (29.76%), Fat: 60.04g (92.38%), Saturated Fat: 34.89g (218.04%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.94g (3.25%), Sugar: 4.56g (5.07%), Cholesterol: 161.23mg (53.74%), Sodium: 496.58mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin A: 11895.7IU (237.91%), Copper: 0.69mg (34.38%), Vitamin E: 2.84mg (18.96%), Vitamin K: 16.83µg (16.03%), Manganese: 0.24mg (12.17%), Fiber: 2.89g (11.57%), Vitamin B6: 0.23mg (11.39%), Potassium: 346.55mg (9.9%), Vitamin B3: 1.92mg (9.58%), Phosphorus: 93mg (9.3%), Vitamin C: 7.42mg (8.99%), Selenium: 6.09µg (8.7%), Iron: 1.34mg (7.43%), Vitamin B2: 0.12mg (7.02%), Vitamin B1: 0.1mg (6.77%), Folate: 25.42µg (6.35%), Calcium: 62.09mg (6.21%), Magnesium: 23.63mg (5.91%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.66mg (4.43%), Vitamin B12: 0.23µg (3.9%)