



Renee's Bean & Chicken Curry Soup

4 16 oz. Boxes of Organic Chicken Broth
4 Chicken Breasts – cooked and chopped
3 cups chopped Celery
2 cups chopped Carrots
1 large onion chopped finely
4-5 cups of Spinach – finely chopped (use as much of this as you like)
3 Large cans of Kidney Beans
5 - 15 oz. cans Garbanzos/Chic peas
4 - 15 oz. cans Cannellini Beans
Curry Powder – to taste – (I use quite a lot, probably 2-3 tablespoons)
Garlic Powder – to taste – (I LOVE garlic, so I use quite a bit of this as well)
Pepper – to taste
Italian seasoning – to taste
Parsley

Combine all ingredients in large pot and simmer. Use seasonings to taste and feel free to add any other seasonings, veggies, or beans you would like... Be Creative!! 😊

OPTIONS:

- 1) Leave out the chicken and you have homemade Bean Curry Soup....a great way to get your legumes in without using up a protein serving.
- 2) Add a bit of powdered buttermilk to make the soup a bit creamy... be careful not to add too much because buttermilk has a bit of a tangy taste.

FLT Servings: 1 cup = 1 legume; ½ Cat 1 Veggie; ¼ Cat 2 veggie; ½ Protein