

Chicken and white bean soup with greens

SERVES 5 OR 6 (MAKES 2 QTS.)

25 MINUTES

A rotisserie chicken is the key to getting this soup on the table in less than 30 minutes.

1 tbsp. olive oil

1¼ cups thinly sliced leeks, white part only

1 large garlic clove, crushed

½ cup sliced carrot

1½ qts. reduced-sodium chicken broth

1½ cups skinned, shredded rotisserie chicken

1 rosemary sprig (2 in.)

**1 large can (19 oz.) cannellini (white) beans,
rinsed and drained**

1 cup packed roughly chopped kale leaves

1 cup packed baby spinach

¼ tsp. each salt and pepper

1 tbsp. chopped flat-leaf parsley

1. Heat oil in a large pot over medium heat. Add leeks and garlic; cook, stirring occasionally, until tender, 3 to 4 minutes. Add carrot; cook, stirring, 1 minute. Add broth, chicken, and rosemary; bring to a boil, then simmer 5 minutes, stirring often.

2. Add beans and kale; simmer 5 minutes. Add spinach and cook until tender, 2 to 3 minutes. Season with salt and pepper.

3. Remove rosemary and garlic. Ladle into bowls; top with parsley. —**LAURA ZAPALOWSKI**

Make ahead: Freeze up to 3 months.

PER 1½-CUP SERVING 216 CAL., 23% (50 CAL.) FROM FAT; 23 G PROTEIN; 5.6 G FAT (1 G SAT.); 20 G CARBO (5.8 G FIBER); 847 MG SODIUM; 33 MG CHOL.