

Curried Chicken Soup

This Menu is from the October 2020 [Real Simple Magazine](#). We've made a few changes to make it Gluten Free! Enjoy.

Ingredients

1 tbsp olive oil
1 small yellow onion, chopped
2 tsp curry powder
5 cups chicken broth
8 oz carrots, diced
1 cup GF pasta of your choice
3 cups shredded chicken
2 cups baby spinach
2 tbsp lemon juice, fresh
1 tsp salt
1/2 tsp pepper

Steps

Heat oil in a pot over medium heat. Add onion and cook until softened, 3-5 minutes. Add curry and cook, stirring, until fragrant, about 30 seconds. Stir in broth and carrots and bring to a simmer over medium-high, stirring occasionally. Stir in pasta, cook until carrots are tender, about 10 minutes. Stir in chicken, spinach, lemon, salt and pepper: cook until spinach is wilted.

Note

Note: when using GF pasta you may want to make it separately, using the package directions and add it to the soup as you eat it. Keep left overs separate and add the pasta to the soup when you eat it.