

Smoky Squash, Kale & Chicken Soup



INGREDIENTS

- 1-2 tablespoon avocado or coconut oil
- 3/4 pound Shredded Chicken (boiled or baked)
- 1 yellow onion, chopped
- 6 cloves garlic, chopped or grated
- 2 teaspoons smoked paprika
- 1/4- 1/2 teaspoon cayenne pepper
- 1 medium acorn squash, peeled & cubed
- 6-8 cups low sodium chicken broth
- juice of 1 lemon
- kosher salt and black pepper
- 4-6 cups Tuscan or curly kale, roughly chopped
- 1/4 cup whole milk, or coconut cream
- fresh oregano, for serving (optional)

INSTRUCTIONS

STOVE-TOP

1. Heat the olive oil in a large Dutch oven over medium-high heat. When the oil shimmers, add the chicken and onions, and brown all over, about 5 to 8 minutes. Add the garlic, paprika, and cayenne, and cook another 2 minutes. Stir in the squash, toss to coat. Add the broth and lemon juice, and season with salt and pepper. Simmer over medium heat for 15-20 minutes, until the squash becomes tender.
2. Remove about 1/2 cup of the squash from the soup and either mash or puree them in a blender, then stir them back into the soup along with the kale, & cream/ milk. Cook until the kale is wilted, about 10 minutes. Remove from the heat.
3. Serve the soup topped with fresh oregano.

INSTANT POT

1. Set the Instant Pot to sauté. Add the coconut/ avocado oil, chicken, and onions, and brown all over, about 5 to 8 minutes. Add the garlic, paprika, and cayenne, and cook another 2 minutes. Stir in the squash, toss to coat. Add the broth and lemon juice, and season with salt and pepper. Lock the lid and cook on high pressure for 8 minutes.
2. Once done cooking, use the natural or quick release function. Remove about 1/2 cup of the squash from the soup and either mash or puree them in a blender, then stir them back into the soup along with the kale & milk/ cream. Set the Instant Pot to sauté. Cook until the kale is wilted, about 10 minutes.
3. Serve the soup topped with fresh oregano.

SLOW COOKER

1. Heat the olive oil in a large Dutch oven over medium-high heat. When the oil shimmers, add the chorizo and onions, and brown all over, about 5 to 8 minutes. Add the garlic, paprika, and cayenne, and cook another 2 minutes. Stir in the squash, toss to coat. Transfer everything to the bowl of your crockpot. To the crockpot, add the broth and lemon juice, and season with salt and pepper. Cover and cook on low for 6-8 hours or on high for 4-5 hours.
2. During the last 30 minutes of cooking, remove about 1/2 cup of the squash from the soup and either mash or puree them in a blender, then stir them back into the soup along with the kale, & milk/cream. Cook until the kale is wilted.
3. Serve the soup topped with fresh oregano.