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Description

There is nothing quite like a steaming bowl of comforting soup to soothe the soul, and this upgraded canned chicken soup takes convenience to a whole new level. By combining tender canned chicken with aromatic herbs, vibrant vegetables, and a savory broth, you get a deeply satisfying, velvety texture and rich flavor in minutes. Naturally packed with lean protein and low in carbohydrates, it is the ultimate feel-good comfort food that nourishes your body without slowing you down.

Can This Canned Chicken Soup Support Weight Loss Goals?

Yes, this soup can be a fantastic tool for weight management because it delivers a high amount of lean protein while keeping overall calories low. Protein helps trigger satiety hormones, keeping you full and content for longer periods so you are less likely to snack on empty calories. Additionally, using a broth-based soup with low-carb vegetables provides great volume and hydration, making it easier to maintain a calorie deficit naturally.

Does Canned Chicken Soup Fit a High-Protein Lifestyle?

This recipe is an effortless way to hit your daily nutritional targets while keeping your carbohydrate intake strictly in check. By featuring nutrient-dense canned chicken as the star protein source alongside low-carb veggies and bone broth, it provides a powerful amino acid profile. It fits seamlessly into keto and high-protein meal plans, offering maximum nutritional benefit with minimal kitchen effort.

My Personal Experience

- The ultimate pantry rescue on busy nights: Whenever I am exhausted after a long day and have zero energy to cook from scratch, this recipe saves the day using convenient canned ingredients. It transforms simple pantry staples into a warm, gourmet-tasting meal in under fifteen minutes.

- Flawless balance of speed and comfort: I love how the quick simmer allows the herbs and spices to fully infuse the broth, creating a rich flavor profile that tastes like it simmered for hours. It delivers homemade coziness with zero hassle.

Perfect For

- Ideal Occasions: Cozy winter evenings, quick high-protein weeknight dinners, low-carb keto diet plans, and comforting post-recovery meal prep.

Why You’ll Love This Recipe

- Lightning-fast and virtually effortless: Because it relies on canned chicken and pre-prepped ingredients, you can whip up a nourishing, restaurant-quality bowl of soup in minutes. It is perfect for busy schedules and beginner cooks.

- Customizable and macro-friendly: You can easily tweak the vegetable mix or add extra spices to suit your exact dietary needs. It provides a reliable protein boost that keeps your daily macros entirely on track.

Common Mistakes to Avoid

- Using high-sodium canned chicken without rinsing or adjusting salt: Canned chicken can sometimes carry a heavy salt load, so failing to taste your broth before adding extra seasoning can make the soup overwhelmingly salty.
- Overboiling the vegetables: Letting the low-carb veggies simmer too long will turn them into mush instead of maintaining a tender-crisp, pleasant texture.
- Skipping the simmer phase: Pouring everything straight from the can into a bowl without letting it simmer together prevents the flavors from properly marrying and tasting flat.

Required Equipment

- Saucepan — Evenly distributes heat to simmer the soup ingredients and blend the flavors together.
- Can Opener — Safely and quickly opens the canned chicken and broth without any struggle.
- Wooden Spoon — Perfect for stirring the soup gently and scraping up any savory bits from the bottom of the pan.

Storage Instructions

Store leftover canned chicken soup in an airtight glass container in the refrigerator for up to 3 to 4 days. You can also freeze the soup base in a freezer-safe container for up to 2 months, though it is best to freeze it without delicate greens. Reheat gently on the stovetop over medium-low heat until piping hot throughout.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 10 minutes

- Total Time: 15 minutes
- Servings: 3 servings
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~190 calories *(approximate estimate)*

 Ingredients

- Canned chunk chicken breast (drained): 2 cans (12.5 oz total) *(Note: Drain and flake lightly with a fork before adding to the pot.)*
- Chicken bone broth or low-sodium broth: 4 cups *(Note: Bone broth provides an extra boost of natural protein and collagen.)*
- Olive oil: 1 tablespoon *(Note: Adds healthy fats and helps sauté the aromatics.)*
- Yellow onion (diced): 1/2 cup
- Celery stalks (sliced): 2 medium stalks
- Garlic (minced): 2 cloves
- Dried thyme: 1/2 teaspoon
- Salt: 1/4 teaspoon *(Note: Adjust to taste depending on the sodium in your broth.)*
- Black pepper: 1/4 teaspoon
- Baby spinach: 2 cups *(Optional: Stir in at the end for a pop of color and micronutrients.)*

Directions

1. Heat the olive oil in a saucepan over medium heat, then add the diced onion, sliced celery, and minced garlic.

2. Sauté the aromatics for 3 to 5 minutes until the onions become translucent and fragrant, keeping a close eye on the heat level to prevent burning.

3. Pour in the chicken bone broth and bring the liquid to a gentle boil over medium-high heat.

4. Add the flaked canned chicken breast, dried thyme, salt, and black pepper, then reduce the heat to low.

5. Simmer the soup uncovered for 5 to 7 minutes to allow the flavors to meld together and the vegetables to reach a tender-crisp texture.

6. Watch for visual cues: The soup is ready when the broth is steaming, vegetables are fork-tender, and the chicken is heated completely through.

7. Stir in the baby spinach during the final minute of cooking, letting it wilt gently into the high-protein broth before serving warm.

Nutrition Facts (Per Serving – Approximate)

- Calories: 190

- Fats: 6g

- Cholesterol: 70mg

- Sodium: 590mg

- Potassium: 320mg

- Total Carbohydrates: 5g
- Fiber: 1g
- Net Carbs: 4g
- Sugars: 2g
- Protein: 28g
- Calcium: 45mg

Notes

- Storage tips: Keep sealed in an airtight container in the refrigerator for up to 4 days.
- Reheating instructions: Warm on the stovetop over medium heat until simmering; avoid heavy boiling to keep the chicken tender.
- Allergy notes: Naturally gluten-free and dairy-free; check canned chicken labels if sensitive to specific preservatives.
- Flavor boosts: Stir in a squeeze of fresh lemon juice or a dash of hot sauce right before serving for an extra kick.