

# Veggie, Black Bean & Chicken Soup

By Brian Copeland, RKC

## Hearty, Healthy, Easy to Make and Reheats Great

I got the idea for this from the blog of Tracy Reifkind, RKC. I decided to take her idea and see what I could do with it.

### INGREDIENTS:

- Cabbage x 1 small head or Bok Choy x 1 large head, chopped
- Onion x 1 med, chopped
- Garlic x 4-6 cloves, chopped
- Carrots x 2, chopped smaller pieces
- Celery x 2 stalks, chopped smaller pieces
- Kale x 1 bunch with stems separated and included, chopped
- Chicken Stock/Broth 4-6 cups depending on whether you want soup or stew consistency
- Salt and Pepper
- Olive Oil x 1-2 Tblspn
- Whole Black Beans x 1-2 cans drained
- Chicken x 2-4 lbs, cooked and chopped in 1 inch pieces
- *Optional:*
  - Fresh Cilantro x small handful, chopped or torn
  - Jalapeño x 1-4, chopped or sliced
  - Tomatillos x 1-3, chopped
  - Oregano x to taste
  - Cumin x to taste
  - Chili powder x to taste
  - Lime juice x to taste



### DIRECTIONS:

- If chicken is raw, bake in oven at 350 degrees for about 15 minutes or however long it takes to get *almost* totally cooked through. Remove any skin or bones. Then cut it in to bite sized cubes.
- In a large pan put jalapeño, carrot, onion, cabbage, kale stems, celery and sauté in 1-2 tblspn of olive oil 5-10 mins until veggies start to caramelize. Add salt and pepper to taste.
- Add garlic and cook 2 more mins.
- Add kale leaves, tomatillos, black beans, chicken, cilantro, oregano, cumin and stock/broth and turn down to med-low, partially cover and simmer for 15 mins.
- Serve. Put the extra in the fridge for easy quick healthy leftovers.
- You could top this off with some lime juice or Tobasco sauce or just leave it alone.

### TIPS:

- Feel free to add other veggies, experiment with it
- If you can find and afford it, go organic with everything you can and use free-range chicken
- You can substitute turkey for the chicken and broth
- If on a budget, use boneless skinless chicken thighs. If you can't find those get chicken thighs but remove the bone and skin before adding to the pot. Cheaper but a little more work. Personally I like the flavor of dark meat better anyway.

Enjoy!

To learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

What do you have to lose except some unwanted body fat and a lot of bad exercise habits?



Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personalized program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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