Roasted Garlic Chicken and Red Lentil Soup

About 3 quarts/2.8 liters soup plus 6 slices of bread | Active 25 min | Cook 50 min | Total 65 min

Ingredients

- 1 large garlic head, top trimmed (50 g edible cloves)
- 2 tablespoons olive oil (30 ml/28 g), divided
- 1 large yellow onion (200 g), diced
- 3 medium carrots (240 g), cut into 1/2-inch/1.3 cm pieces
- 2 celery stalks (100 g), diced
- 1 1/4 cups dry red lentils (240 g), rinsed
- 6 cups low-sodium chicken broth (1.44 liters/1440 g)
- 1 cup water (240 ml/240 g)
- 1 teaspoon dried rosemary, crushed (1 g)
- 3/4 teaspoon fine salt (4.5 g)
- 1/2 teaspoon ground black pepper (1 g)
- 2 lb boneless skinless chicken breast (900 g), cut into 1-inch/2.5 cm pieces
- 2 tablespoons lemon juice (30 ml/30 g)
- 6 slices whole-wheat bread (60 g each; 360 g total)

Set out

Small ovenproof dish with lid or foil, 6-quart/5.7-liter soup pot, Instant-read thermometer, Fine-mesh sieve, Fork

Allergens

Wheat, Check broth label for additional allergens. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C. Put trimmed garlic head in the small dish, drizzle its cut face with 1 teaspoon of the measured oil, cover and roast 40–45 minutes, until cloves are soft and pale golden. Let it cool just enough to handle.

2. Meanwhile, heat remaining oil in the soup pot over medium heat. Cook onion, carrot and celery for 8 minutes, stirring, until onion softens. Add rinsed lentils, broth, water, rosemary, salt and pepper. Bring to a simmer and cook gently for 10 minutes.

3. Add raw chicken pieces. Return to a gentle simmer and cook for 12–16 minutes, stirring occasionally, until the chicken reaches 165°F/74°C and the lentils are very soft. Reduce to the lowest heat if the garlic is not ready.

4. Squeeze roasted cloves from their skins into a small bowl. Mash with a fork and a ladle of broth, then stir back into the soup. Simmer 2 minutes. Stir in lemon juice. Divide into six equal portions and serve each with one slice of bread.

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Estimated nutrition per serving

Calories: 600 kcal | Protein: 57.0 g | Carbohydrate: 64.5 g | Fat: 13.2 g | Fiber: 10.2 g. One of 6 servings. Batch yield: About 3 quarts/2.8 liters soup plus 6 slices of bread. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Freeze by the meal

Leave a little expansion space in each freezer container and label it with the date and portion count. A six-portion soup is only convenient when the frozen block matches the amount you want to reheat. Thaw overnight in the refrigerator rather than on a counter while you are away.

A useful detail

The total time assumes vegetables and soup are prepared while the garlic roasts. The bread can be served plain or toasted in a dry toaster; no extra spread is included.

Another way

Replace rosemary with 1 teaspoon dried thyme for a softer herbal note.

Use an equal 900 g weight of boneless skinless chicken thigh; keep the same 165°F/74°C endpoint and expect a slightly longer simmer if the pieces are larger.

Keep it well

Transfer soup to shallow containers and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days or freeze up to 2 months; store bread separately. Reheat soup to 165°F/74°C, stirring and adding water a little at a time. Carry cold with two cold sources if packing for work.