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Ultimate Chicken Soup

This nourishing and healing chicken soup recipe is loaded with poached chicken, carrots, parsnips, celery, leek, onion, garlic and fresh herbs. It's a great cold weather soup! **Watch the video below to see how I make it in my kitchen.**

Servings: 4 servings Author: [Lisa Bryan](#)

Equipment

- [Le Creuset Dutch Oven](#) My favorite soup pot!

Ingredients

- 2 tablespoons [extra virgin olive oil](#)
- 4 medium carrots **peeled and sliced**
- 3 parsnips **peeled and sliced**
- 3 celery ribs **sliced**
- ½ medium onion **diced**
- 1 leek **halved lengthwise, sliced, and rinsed**
- 4 garlic cloves **minced**
- 1 teaspoon [kosher salt](#)
- ½ teaspoon freshly ground black pepper
- 2 boneless skinless chicken breasts
- 2 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 [bay leaf](#)
- 5 cups [low-sodium chicken broth](#)
- ¼ cup roughly chopped fresh parsley

Instructions

1. **Saute the veggies.** Heat the oil in a large pot on medium heat. Add the carrots, parsnips, celery, leek, and onion to the pot and cook for 4 to 5 minutes, stirring frequently. Add the garlic, salt, and pepper, and stir for another minute.
2. **Poach the chicken.** Add the thyme, tarragon, bay leaf, chicken, and broth. Bring to a boil, then reduce the heat to low and cover the pot. Simmer the soup for 15 minutes, or until the chicken is fully cooked.
3. **Shred the chicken.** With tongs, remove the chicken to a cutting board and then gently shred the chicken with two forks. Place the shredded chicken back into the pot and simmer for an additional 1 to 2 minutes.
4. **Serve.** Remove the sprigs of thyme, tarragon and the bay leaf. Stir in the parsley, and garnish with additional fresh parsley and black pepper before serving.

Notes

- Those of you with an eagle eye may have noticed I added the garlic first in the video above. While that's not detrimental, I do believe the steps listed above are best - so follow those.
- For the shredded chicken hack (using a stand mixer) that I mention in the video, check out my [shredded chicken](#) recipe.