

Chicken Zoodle Soup

SERVES 6

Ingredients

- 3 zucchini squash, cut into 'noodles' using a vegetable peeler
- 2 tablespoons olive oil
- 1 cup diced onions
- 1 cup diced celery
- 3 cloves garlic, minced
- 5 (14.5 ounce) cans low-sodium chicken broth
- 1 cup sliced carrots
- 3/4 pound cooked chicken breast, cut into bite sized pieces
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 pinch dried thyme (optional)
- salt and ground black pepper to taste

Method of preparation

1. Heat olive oil in a large pot over medium-high heat.
2. Saute onion, celery, and garlic in hot oil until just tender, about 5 minutes.
3. Pour chicken broth into the pot; add carrots, chicken, basil, oregano, thyme, salt, and pepper.
4. Bring the broth to a boil, reduce heat to medium-low, and simmer mixture until the vegetables are tender, about 20 minutes.
5. Divide zucchini 'noodles' among 6 soup bowls; pour broth mixture over the 'noodles.'



Nutrition Information Per Serving

Energy	208kcal
Carbohydrate	8.9g
Protein	21.6g
Total fat	9.5g
Saturated fat	2g
Cholesterol	48mg
Dietary fibre	2.1g
Sodium	257mg

Source: <https://www.allrecipes.com/recipe>