

Chicken Zucchini Noodle Soup with Carrots, Onions, Celery & Parsley



35 minutes | 2 servings

Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[medium saucepan](#)
[stirring spoon](#)
[tongs](#)
[vegetable peeler](#)

Grab ingredients

2 medium	carrots
2 sticks	celery
32 fl oz	chicken or vegetable broth
1 lb	chicken thighs, boneless skinless
1 clove	garlic
1 small bunch	Italian (flat-leaf) parsley
1	lemon
½ medium	yellow onion
2 medium	zucchini squash
	black pepper
	extra virgin olive oil
	Italian seasoning
	salt
	thyme, dried

Cook & enjoy

- 1 Preheat a medium saucepan over medium-high heat.
- 2 Pat chicken thighs dry with paper towels and place on a plate; season with salt and pepper on both sides.
1 lb chicken thighs, boneless skinless
¼ tsp salt
⅛ tsp black pepper
- 3 Once the pan is hot, add oil and swirl to coat the bottom. Add chicken in a single layer and cook, flipping once, until golden brown (the chicken will not be cooked all the way through), about 4 minutes.
1 tbsp extra virgin olive oil
- 4 Meanwhile, peel and small dice onion. Peel and mince garlic.
½ medium yellow onion
1 clove garlic
- 5 Transfer the chicken to a clean plate and set aside. Add more oil to the pan, along with onion and garlic. Cook, stirring often, until softened, about 3 minutes.
1 tbsp extra virgin olive oil
- 6 Meanwhile, wash and dry the fresh produce.
2 medium carrots
2 sticks celery
2 medium zucchini squash
½ lemon
½ small bunch Italian (flat-leaf) parsley
- 7 Peel carrots, trim ends, and cut crosswise into ¼-inch rounds. Cut celery crosswise into ¼-inch pieces. Add both to the pan with the onions; continue to cook until fragrant, about 1 minute.

- 8 Add chicken back to the pan, along with broth and spices. Cover and bring to a boil; reduce heat and let simmer until the chicken is cooked through, about 8 minutes.
32 fl oz (4 cups) chicken or vegetable broth
 $\frac{1}{2}$ tsp Italian seasoning
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp black pepper
 $\frac{1}{8}$ tsp thyme
- 9 Meanwhile, trim ends of zucchini, and use a julienne (or regular) peeler to make 2-inch long noodles; set aside.
- 10 Slice lemon into wedges and set aside.
 $\frac{1}{2}$ lemon
- 11 Shave parsley leaves off the stems; discard the stems and mince the leaves.
 $\frac{1}{2}$ small bunch Italian (flat-leaf) parsley
- 12 Remove chicken from the pan using tongs and transfer to a clean plate or cutting board. Shred chicken using two forks. Use one fork to hold the chicken and the other fork to pull and shred the meat.
- 13 Add zucchini noodles and shredded chicken back to the pan and stir to combine. Cook until warmed through, 2-3 minutes.
- 14 To serve, divide soup between bowls. Sprinkle parsley over top and garnish with lemon wedges. Enjoy!