

Chicken Zoodle Soup

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Rated: ★★★★★

Submitted By: bd.weld

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Prep Time: 20 Minutes
Cook Time: 25 Minutes

Ready In: 45 Minutes
Servings: 6

"You can up the vegetable content of your chicken noodle soup with this recipe replacing noodles with zucchini cut to resemble them."

INGREDIENTS:

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

DIRECTIONS:

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

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