



Quick Chicken Zoodle Soup

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

352.3 calories, 16.68 g carbohydrate, 3.44 g fiber, 13.24 g NET carbs, 31.19 g protein, 19.06 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 medium organic carrot, diced
- 1 stalk organic celery, diced
- 1 medium organic onion, diced
- 1 cup cooked and shredded pastured chicken breast
- 3 cup(s) organic chicken broth
- 1 medium organic zucchini, spiraled
- 2 Tbsp(s) avocado oil
- 1 tsp dried rosemary
- 1 tsp organic dried thyme

Preparation

1. Heat the oil in a saucepan over medium heat.
2. Add the onion, carrot, and celery, and cook until soft.
3. Add the seasonings, season with salt, and add the broth, along with 2 cups water.
4. Bring to a boil, reduce heat to a low simmer and add the zucchini noodles and chicken.
5. Simmer on low until just heated through and serve immediately.

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