

# Chicken Zoodle Soup



With the winter months approaching fast my niece and I co-conspired to come up with this warm and comforting soup using 'zoodles' that's easy on the waistline.

By bd.weld

**Prep:** 20 mins

**Cook:** 25 mins

**Total:** 45 mins

**Servings:** 6

**Yield:** 12 cups



## Ingredients

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  
 $\frac{3}{4}$  pound cooked chicken breast, cut into bite sized pieces  
 $\frac{1}{2}$  teaspoon dried basil  
 $\frac{1}{2}$  teaspoon dried oregano  
1 pinch dried thyme (Optional)  
salt and ground black pepper to taste  
3 zucchini squash, cut into 'noodles' using a spiral slicer or vegetable peeler

## Directions

### Step 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.

### Step 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.

### Step 3

Divide zucchini 'noodles' between six soup bowls; ladle broth mixture over the 'noodles.'

## Cook's Note:

'Zoodles' (zucchini noodles) can be made with a julienne peeler, a mandoline with a julienne blade, or a Spirooli® or Paderno® spiral slicer. I use a Paderno®.

## Nutrition Facts

**Per Serving:** 208 calories; protein 21.6g; carbohydrates 8.9g; fat 9.5g; cholesterol 48.2mg; sodium 257.5mg.