

Nana's Chicken and Zoodle Soup

It is cold and snowy as I sit and write this, which makes me think about soup. Specifically, the soup my mom used to make when I was younger. You probably know what I'm talking about. It's nothing special, just tender chicken and egg noodles, with a few aromatic veggies thrown in. But it was delicious then, and it would be delicious now.

Of course, these days, there are other things to worry about — namely that I must make my own soup, but also that I don't need more starchy carbs in my diet, and I definitely need more veggies. So this soup takes a different route with zucchini noodles and the perfect blend of spices from Ava Jane's Kitchen.

But don't worry, it's not that much different. It's still comforting on a cold winter day, which is entirely the point, right?

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Serves 4-6

Prep time: 40 minutes

Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil
2 pounds chicken breast, diced
1 onion, diced
2 carrots, diced
2 stalks celery, diced
2 cloves garlic, minced
1 tablespoon Ava Jane's Kitchen Nana's Italian Seasoning
1 teaspoon Ava Jane's Kitchen Everyday Blend
2 tablespoons flour
4 cups Kettle Fire Chicken Bone Broth
Juice of 1 lemon
2 zucchinis, cut into thin, wide noodles using vegetable peeler

Directions:

Heat the oil in a large pot or Dutch oven over medium high heat. Add the chicken and cook until browned. Remove from pan.

Add the onions, carrots, and celery. Cook until softened, add the garlic and seasonings.

Stir for a minute and add the flour. Stir and cook over medium heat for 3-4 minutes.

Add the broth and 2 cups water. Bring to a boil, reduce to a simmer, and add the chicken back to the pot. Simmer for 5 minutes.

Stir in the lemon juice and zucchini noodles right before serving.