

## Chicken Zoodle Soup



*Serves about 6*

### ***INGREDIENTS:***

- 4-5 chicken thighs, drumsticks, or breasts, bone-in (about 2 lbs.)
- 1/2 yellow onion
- 2 celery ribs, diced
- 2 garlic cloves, minced
- Pinch of red pepper flakes
- 1 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 bay leaves
- Water (enough to cover the ingredients (about 6 - 8 cups)
- 1 large carrot, diced (or two small)
- 2 medium zucchinis, peeled and spiralized
- 1 cup of frozen peas
- Small package of sliced mushrooms. I use white (optional)

## Good-Looking Grub

### Directions:

1. In a large soup pot, add chicken, onion, celery, garlic, red pepper flakes, thyme, parsley, oregano, salt, pepper, and bay leaves.
2. Add enough water to generously cover the ingredients.
3. Cover the pot and bring to a boil.
4. Lower the heat and simmer for 30 - 40 minutes.
5. Remove the chicken with tongs and let cool and place on a plate to cool.
6. Add the carrots, turn up the heat and bring the water to a slow boil.
7. Boil the carrots for about 10 - 15 minutes.
8. While the carrots are cooking, remove the meat from the chicken bones and shred.
9. Remove the bay leaves with a slotted spoon and return the chicken to the stock pot.
10. Add the mushrooms and peas and more water if necessary. Cover and simmer for about 5 minutes.
11. Now is the time to add more spices...if needed.
12. Then, add the spiralized zucchini, stir and simmer for a minute or two-until the zucchini is still slightly crunchy.

### Tips:

- Be careful not to overcook the zucchini. It'll continue to cook in the warm broth-even after the pot is removed from the heat.
- If the soup is reheated, the zoodles will get soggy. You can avoid this by making the soup ahead of time-without the zoodles. Place it into containers and refrigerate or freeze. Then, when you want a bowl of soup. Put the soup (without zoodles) in a pot, heat it up, and then add the amount of zoodles you want.