



## Chicken Zoodle Soup

### Ingredients

#### Broth

1 chicken back bone  
1 onion, quartered  
2 cloves garlic, smashed  
2 carrots, cut in thirds  
2 celery stalks, cut in thirds  
1t whole black peppercorns  
8-10 cups water

#### Soup

1T olive oil  
1 onion, diced  
4 carrots, diced  
2 celery stalks, diced  
2 boneless skinless chicken breasts  
1-3 cloves garlic, sliced  
6-8 cups of broth  
3 zucchini, cut in to planks

### Directions

- For the broth (you may substitute a low sodium store-bought broth if desired)
  1. Brown the chicken back bone in a dutch oven over medium-high heat.
  2. Add onion, garlic, carrots and celery and saute until slightly softened.
  3. Add 1t of whole black peppercorns.
  4. Preheat oven to 225 degrees F.
  5. Add a small amount of water and loosen the delicious fond from the bottom of the dutch oven with a wooden spoon.
  6. Fill dutch oven with water, cover with lid and cook in oven overnight.
  7. Strain out bones and veggies, reserving broth for the soup.
- For the Soup
  1. Heat 1T olive oil in a soup pot over medium-high heat.
  2. Dice onion, carrots and celery, add to soup pot.
  3. Saute veggies until starting to soften and slightly brown.
  4. Move veggies to the side and brown 1-2 chicken breasts in the pot.
  5. Add sliced garlic and cook for about 1 minute.
  6. Add 6-8 cups of reserved broth and bring to a boil.
  7. Once at a boil, reduce heat to medium-low to continue simmering the soup until veggies are tender and chicken is cooked through.
  8. In the meantime, cut zucchini in to planks (or spiralize if you have a spiralizer).
  9. Once the chicken is cooked to 165F, remove and dice in to bite sized pieces.
  10. Return chicken to the pot along with the zucchini.
  11. Continue cooking the soup for 5-10 minutes until the zucchini is softened.

Making your own broth is an extra step, but it really pays off and will take your soup to the next level than using store bought broth. This soup is delicious and flavorful without adding salt! You can also try adding lemon juice to the soup to add a similar flavor to salt.

Yields – 8 servings