



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Chicken Zoodle Soup



2 Tablespoons olive oil  
1 small white onion, chopped  
1/3 cup diced celery  
1 fresh garlic clove, chopped  
1/4 pound chicken breast, cut into bite-sized pieces  
2 cans (14.5 oz.) of low sodium chicken broth

1 large zucchini squash spiralized into noodles  
1 1/2 large carrots spiralized into noodles  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon dried thyme  
1 pinch black pepper

**Instructions:** Heat the olive oil in a large pot over medium-high heat. Sauté onion, celery, and garlic in hot oil until just tender (around 4 minutes). Add chicken and cook partially (around 8 minutes). Add chicken broth, zucchini and carrot noodles, basil, oregano, thyme, and pepper. Bring the broth to a boil, reduce heat to medium-low, and simmer mixture until the vegetables are tender (around 25 minutes). Ladle soup into bowls and enjoy!

*Yield: 3 servings*

**Nutrition Facts** (per serving): 200 calories, 11 grams fat, 140 milligrams sodium, 14 grams carbohydrate, 3 grams fiber, 13 grams protein