

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Chicken Zoodle Soup

Serves about 4

Ingredients

1 onion, diced
3 stalks celery, diced
3 carrots, sliced
2 tbsp butter
2 tbsp olive oil
2 cloves garlic, crushed
2 bay leaves
3 sprigs thyme
1 tsp whole peppercorns
6 cups chicken broth
2 skinless, boneless chicken breasts, shredded
4 zucchini squash, spiralized
1/4 cup fresh parsley, chopped
kosher salt
fresh ground pepper

Directions:

1. In a large, heavy bottomed soup pot sauté onion, celery and carrots in olive oil and butter. Add garlic and continue to sauté until onions are translucent and soft.
2. Add bay leaves, thyme, peppercorns and salt and pepper. Then, add broth and chicken breasts. Bring to a boil, and boil until chicken is cooked through (about 15 minutes, until no pinkness is left).
3. Meanwhile, while chicken is boiling, prepare zucchini noodles (zoodles). Chop the ends off the zucchini and then create zoodles with your favorite spiralizer. Chop noodles a few times so the strands aren't too long to enjoy in soup.
4. Remove chicken breasts, shred with a fork, then add back to the soup. Add in the fresh parsley and zoodles.
5. Simmer soup for 3-5 more minutes, seasoning with salt and pepper as desired until zoodles are cooked. Enjoy!