

Chicken Zoodle Soup

Sometimes it's cold outside, and you just want something comforting and nutritious. It doesn't have to be spicy, or have fancy ingredients, or be in any way special. That's this soup.

Maybe that's not a great sell. But hear me out. Because while this soup is not special, that doesn't mean it doesn't taste good — it totally does. It's just simple. Seasoned with Ava Jane's Kitchen Everyday Blend, it's not lacking in flavor. Just the opposite. Because this seasoning packs a lot of flavor. It's light and versatile, perfect for the basic veggies that are in this soup. You've got onions, carrots, and celery, and then instead of noodles, which are carb heavy, and weigh you down, it's loaded with zucchini noodles, aka zoodles. You can make these with a spiral slicer, or julienne peeler, or these days, you can always just buy them in your produce department to make your soup even easier.

If you have leftover chicken, now is the time to use it. Shredded chicken works nicely here, so if you want to make this soup, and are eating chicken breast a day or two before, just cook an extra one, shred it, and then add to the soup.

This is perfect for cold weather when you want something kind of fresh, but not a salad. It's warm, toasty, and comforting.

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Serves 4

Prep time: 30 minutes

Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil

1 onion, diced

1 carrot, diced

2 stalks celery, diced

3 cloves garlic, minced

1 tablespoon Ava Jane's Kitchen Everyday Blend seasoning

4 cups chicken broth

2 cups cooked and shredded chicken breast

2 zucchini, cut into noodles, or about 12 ounces prepared zucchini noodles

Juice of 1 lemon

Fresh chopped parsley

Colima Sea Salt and fresh ground black pepper, to taste

Directions:

In a large pot or Dutch oven, heat the oil to medium high heat and add the onion, carrot, and celery. Cook until soft, and add the garlic and seasoning.

Cook for a minute, and add the broth. Bring to a boil and simmer for 5-10 minutes.

Add the chicken, zucchini noodles, and lemon. Simmer for 5 minutes, until hot.

Serve topped with fresh parsley if using.