

Chicken Zoodle Soup

<http://wp.me/p2OMyX-ve>

Ingredients:

4 lb whole chicken
3 carrots, peeled and chopped
3 stalks of celery, chopped
1 large white onion, diced
5 cloves of garlic
salt & pepper
8 C water
1 bay leaf
1/2 tsp thyme
1/8 tsp white pepper
1-2" strip zoodles (1 zucchini)



Method:

1. Preheat the oven to 425°F. Meanwhile, eighth the chicken and place the pieces into a large cast iron pot. Dust with salt and pepper.
2. Roast the chicken in the oven for 20 to 25 minutes. Next, add water to the pot, bring it to a boil over medium-high heat and boil for 5 minutes.
3. Then, remove all the chicken except for the backbone and add the onion, garlic, carrot, celery, and bay leaf to the pot. Reduce heat and simmer for 45 minutes.
4. Meanwhile, shred the chicken and throw away any bones. Also, prepare your zoodles.
5. Once the stock has completed simmering, carefully remove the bones that remain in it with a slotted spoon. Then, reintroduce the chicken and add the zoodles.
6. Simmer for 5 minutes.



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