

Chicken Noodle Soup Recipe

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

This soup makes 6 servings.

PER SERVING:

21 Calories

6.5 Carbs

1.8g Fiber

4.7g Net Carbs

0.3g Fat

1.4g Protein

(79% Carbs, 9% Fat, 12.1% Protein)

INGREDIENTS:

STOCK:

1 carcass from either a large chicken or a turkey

1 large onion, quartered

1 large bay leaf

1 celery stalk with leaves, chopped

7 cups of water

SOUP:

1 celery stalk with leaves, chopped

1 large carrot, sliced thinly

3 green onions, chopped

2 cups of finely julienned zucchini (about 2 medium)

1 tsp dried basil

1 tsp dried thyme

Salt and pepper to taste

STEP-BY-STEP

Start the stock in the morning or the night before.

In a large saucepan, combine the carcass, water, bay leaf, celery and the onion. Bring to a boil, reduce the heat and simmer with the lid on for about 4 hours. Your house will smell so good!!!

Remove the carcass and let cool. Strain the soup in a sieve, reserving the stock. Pick out and save any loose meat.

Return the stock to the saucepan.

Let the carcass cool enough to handle. Now remove all of the delicious meat clinging to it and add it to the stock.

For the soup, bring the stock back to a boil. Add the veggies and herbs and simmer for another 15 minutes. Add the julienned zucchini and simmer them for about 5 minutes.

Add the salt and pepper.

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