

Low Carb Chicken Noodle Soup

Gluten-free and packed with protein!

Ingredients

4 cups chicken broth
1 lb chicken breasts, chopped (about 4)
1 cup celery, chopped
1 medium zucchini, sliced & quartered
1 medium onion, chopped
1 clove garlic, minced
2 packets of [Fettuccine Pasta](#) (available at CFWLS)
¼ tsp basil
¼ tsp oregano
1 tsp black pepper
Salt & pepper to taste



Directions

1. Combine chicken, broth, celery, zucchini, onions and garlic in large saucepan. Make certain that all ingredients are covered with liquid (add water if necessary).
2. Bring to a boil over medium-high heat. Add pasta and reduce heat to medium.
3. Cook until pasta is done and season with oregano.
4. Serve immediately and season with salt & pepper.

Makes 4 servings

Nutrition Facts:

Calories 228
Total Fat 4g
Total Carbohydrates 8g
Dietary Fiber 3g
Protein 38.5g