

# Keto Chicken Noodle Soup

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## Keto Chicken Noodle Soup

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Servings: 6



### Ingredients:

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- 1 tablespoons unsalted butter
- 1/2 onion, diced
- 1 stalk celery, diced
- 1 zucchini
- 2 cloves garlic, minced
- 4 cups chicken stock
- 3 small carrots
- 1 bay leaves
- Salt and black pepper to taste
- Whole chicken chopped bone-in washed, skin removed, and dried.

- 1 1/2 cup of noodles of your choice
- 1 tablespoons chopped fresh parsley leaves
- 1 tablespoons chopped fresh dill
- 1/2 tablespoon of freshly squeezed lemon juice

**Directions:**

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1. Melt butter in a large pot.
2. Add onion, and celery. Cook, stirring occasionally, until tender.
3. Stir in garlic for about 1 minute.
4. Whisk in chicken stock and bay leaves; season with salt and pepper, to taste. Add chicken and bring to boil; reduce heat and simmer, covered, until the chicken is cooked through, about 30-40 minutes.
5. Remove chicken and let cool and discard bones.
6. Stir in chicken and noodles for a couple of minutes.
7. Remove from heat; stir in parsley, dill and lemon juice; season with salt and pepper, to taste.

**Nutrition:**

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Nutrition per serving:

- 3g Net Carbs
- 1g Fiber
- 4g Total Carbs
- 73g Protein
- 20g Fat
- 499 Calories