

# CHICKEN NO- NOODLE SOUP

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NO GLUTEN



PALEO



LOWER CARBS

DIFFICULTY: EASY

TIME: 20 MINUTES

SERVES: 2

This light chicken soup with added cabbage is an immune-boosting power combo that helps improve hydration, reduce inflammation and ward off bacterial infections.

## METHOD

Add the oil to a large pot on medium heat. Add the dried onion, diced onion, celery, carrots, mushrooms and garlic into the pot and saute for 3-4 minutes until translucent and fragrant. Add the broth, parsley, salt, and pepper. Simmer until vegetables are tender. Add the cabbage and simmer for an additional 8 to 12 minutes until the cabbage "noodles" are tender. Lastly add the cooked and shredded chicken and allow to heat through. Top with fresh lemon slices.

## INGREDIENTS

- 2 Tbsp. olive oil or butter
- ½ celery stalk, sliced finely
- 1/2 medium onion, diced
- 1/3 cup mushrooms, sliced
- 1 tsp minced garlic
- ½ tsp each dried onion and parsley
- A pinch of salt and ground black pepper
- 225 ml chicken broth
- ½ medium sized carrot, sliced into rounds
- 120 g shredded rotisserie chicken
- 2 cups green cabbage sliced into "noodle" strips
- Slices of fresh lemon