



WARWICK WELLNESS

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Homemade Low Carb Chicken Soup – gluten free



Ingredients (makes 8 servings)

- 1 Tb. Coconut oil
- 1 medium organic yellow onion, chopped
- 3 organic carrots, grated
- 2 organic celery stalks, finely chopped
- 1 Tb. curry powder
- 2 garlic cloves, crushed
- 2 quarts chicken broth
- 3 cups diced roasted chicken
- 1 bay leaf
- 1 organic apple, chopped
- dash of salt and pepper
- ½ teaspoon dried thyme
- zest from 1 lemon
- 2 cups unsweetened coconut milk

Directions

- In a large pot, over medium heat, melt the coconut oil and add the onion, carrots and celery. After 5 minutes add the garlic and curry powder.
- After a couple minutes add the chicken broth, chicken, bay leaf, apple, pepper, thyme, and lemon zest. Stir well. Bring to a simmer and cook for 40 minutes.
- Stir in the coconut milk, and some salt if desired, remove the bay leaf and serve.

Nutrition (per serving)

Calories – 166

Protein – 19g

Carbs – 9g

Fat – 5g

Fiber – 2g

Sodium – 175mg

Notes

This chicken soup recipe is made without added carbs like noodles or potatoes. It's filled with fiber, protein and lots of delicious flavor. Make it your own by adding more veggies and chicken to desired flavor!