



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Hardy Garden Chicken Soup

4.5g NET Carbs (Low Carb Keto)

This Hardy **Garden Chicken Soup** recipe is seriously so good! It's easy to make, and full of healthy vegetables and fresh flavor, it's absolutely delicious!

INGREDIENTS

1 rotisserie chicken
1 zucchini sliced in small pieces
1 cup chopped carrots
1/4 cup red bell pepper
1/4 cup orange bell pepper
1/2 cup sliced mushrooms
2 stocks of celery
1 medium onion chopped

**2G
CARBS**

**100%
DELICIOUS**



7 servings - 1 serving = Calories 79 / Fat 2g / Protein 2g / Total Carbs 7.5g / Net Carbs 4.5g / Fiber 3g

3 cloves garlic, chopped
2 bay leaf
8 cups chicken stock (low sodium)
1 tbsp Italian seasoning
3 tbsp fresh parsley
Pinch of salt
1/2 red pepper flakes
1/2 tsp black pepper

Instructions:

1. Bring the 8 cups of chicken stock to a boil. Add all spices and then add the carrots. Boil for 10mins.
2. Add remaining vegetables. Let boil for 15mins.
3. Add rotisserie chicken and boil for 15mins.
4. Check vegetables for your desired texture. If the vegetables are too hard then boil for another 10mins. Enjoy!