

# CHICKEN ZOODLE SALSA SOUP

## INGREDIENTS

### Soup Ingredients

**1.5 - 2lbs** of boneless, skinless chicken breast  
**3** bell peppers, rough chopped (red, green, and yellow)  
**1** yellow onion, rough chopped  
**1** package of zucchini spirals (or make your own!)  
**8 cups** of chicken stock  
**3** stalks of celery, rough chopped  
**3** carrots chopped  
**1-2** handfuls of chopped kale  
 Salt + pepper  
**3** garlic cloves, finely chopped  
 Olive oil  
 soup condiments (optional), such as chopped cilantro, sour cream, diced yellow onions, and shredded cheddar cheese

### Salsa Ingredients

**6** vine-ripe tomatoes, halved  
**2** white onions, quartered  
**6-8** cloves of garlic  
**1** jalapeno, halved with end trimmed  
**1/2 cup** olive oil  
 Salt + pepper  
**2 tsp** cumin  
**1 tsp** ancho chili powder

## DIRECTIONS

First up is making your soup, and while it's cooking and making your house smell amazing, whip up some salsa to go in the soup.

Slice chicken breast into bite-sized, one-inch pieces. Put pieces into a bowl, add salt and pepper, then stir.

In a large stockpot, heat up 2 TB of olive oil, then sauté chicken, chopped onion, and garlic until chicken has browned.

Add peppers, carrots, and celery to the pot, and continue cooking.

When pepper and celery have softened, add chicken broth and zucchini spirals. If soup needs more water, add more stock or water.

Bring soup to a simmer, then cook over medium-low heat for at least an hour.

Add the kale about 30 minutes before eating, and add the salsa right before serving.