

# Keto No-Noodle Chicken Soup

( Wednesday lunch)



1 serving

Net carbs: 3 % (4 g)

Fiber: 1 g

Fat: 71 % (40 g)

Protein: 26 % (33 g)

kcal: 509

## INGREDIENTS:

½ oz. butter

¼ celery stalk

¾ oz. sliced mushrooms

¼ minced garlic clove

¼ tbsp dried minced onion

¼ tsp dried parsley

⅛ tsp salt

⅛ ground black pepper

1 cup chicken broth

⅛ medium sized carrot

⅓ shredded rotisserie chicken

4 tbsp green cabbage sliced into strips

## DIRECTIONS:

1. Melt the butter in a large pot.
2. Slice the celery stalks and mushrooms into smaller pieces. Add dried onion, celery, mushrooms and garlic into the pot and cook for three to four minutes.
3. Add broth, carrot, parsley, salt, and pepper. Simmer until vegetables are tender.
4. Add cooked chicken and cabbage. Simmer for an additional 8 to 12 minutes until the cabbage “noodles” are tender.