

# Lemon Chicken Soup



## **Servings: 8**

*3 tablespoons olive oil  
4 carrots, sliced  
3 celery stalks, chopped  
2 leeks, halved lengthwise and sliced  
into half moons (white and light green  
parts only.)  
1/4 teaspoon salt  
1 tablespoon fresh thyme, chopped  
1 lemon, zested and juiced  
2 bay leaves  
8 cups chicken stock  
2 cups water  
1 cup stelline pasta, or other small  
pasta  
3 pounds chicken, cooked and  
chopped*

Heat olive oil in a pot over medium heat.

Add carrots, celery, leeks, and salt. Cook stirring occasionally until the leeks are softened about 5 minutes.

Add thyme, lemon zest, lemon juice, bay leaves, chicken stock, and water. Bring the soup to a boil. Reduce the soup to a simmer and add stelline pasta. Cook until the stelline pasta is al dente about 7-8 minutes.

Add chicken to the pot in the last few minutes to heat through.

Remove the bay leaves and discard.

Ladle the soup into bowls.

Serve

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Per Serving (excluding unknown items): 528 Calories; 34g Fat (58.3% calories from fat); 39g Protein; 16g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 575mg Sodium; 6g Total Sugars; trace Vitamin D; 60mg Calcium; 3mg Iron; 762mg Potassium; 339mg Phosphorus. Exchanges: .