
Low-Glycemic Chicken Zoodle Soup

A nourishing bone broth soup with tender chicken and spiralized zucchini noodles—perfect for blood sugar balance and gut health without the carb spike.

Prep: 20 min

Cook: 480 min

Total: 500 min

Servings: 22

GL 1.4 / GI 11

Ingredients

1 pasture-raised stewing hen or roaster chicken

3 medium carrots

4 celery stalks

1 large onion

2 bundles fresh parsley, tied with kitchen twine

6 bay leaves

whole black peppercorns

2 whole star anise

2 boxes chicken broth, regular sodium

zucchini, spiralized into noodles (1 per person)

sea salt to taste

Instructions

Step 1

Place the whole chicken in a large stockpot. Chop the carrots and celery into large 3-inch chunks and arrange them around the chicken. Cut the onion into quarters and add to the pot.

Step 2

Bundle the parsley sprigs together and tie securely with kitchen twine, then nestle into the pot along with the bay leaves. Fill two tea infusers or spice balls with black peppercorns and star anise, then submerge in the pot. If you don't have infusers, add the spices directly—you'll strain them out later.

Step 3

Pour both boxes of chicken broth over the ingredients, then add enough filtered water to just cover everything in the pot. Bring to a rolling boil over high heat, then immediately reduce to a gentle simmer. Cover and maintain a low simmer for 8 hours, checking occasionally to ensure the liquid level stays consistent.

Step 4

After the long simmer, carefully remove the chicken to a large plate using tongs and a slotted spoon. Skim any foam or fat from the surface of the broth with a ladle. For clearer broth, strain the liquid through a fine-mesh sieve into a clean pot, discarding the vegetables and aromatics.

Step 5

Once the chicken is cool enough to handle, shred the meat from the bones using two forks, discarding the skin, bones, and cartilage. Taste the broth and adjust seasoning with sea salt as needed—it should be rich and flavorful.

Step 6

When ready to serve, gently pat the spiralized zucchini noodles with paper towels to remove excess moisture. Divide the raw zoodles among serving bowls, top with shredded chicken, then ladle the hot broth over everything. The heat from the broth will perfectly cook the zucchini noodles while preserving their texture and nutrients.

Step 7

Serve immediately while hot. Store leftover broth and chicken separately from uncooked zoodles in airtight containers in the refrigerator for up to 5 days, or freeze for up to 3 months. Always add fresh zucchini noodles just before serving to maintain optimal texture and glycemic benefits.