Chicken Noodle Soup with Roasted Spaghetti Squash {Gluten-Free, Paleo, & Anti-Inflammatory}

Ingredients

1 Cup Organic, Free Range, Grass-fed Chicken

1 Pint Chicken Stock

1 Small Spagetti Squash

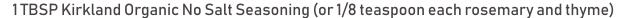1 TBSP Avocado Oil

1 Cup Carrots, peeled & diced

1/2 Cup Onions, diced

1/2 Cup Celery, diced

3-4 Cloves Garlic, minced

2 teaspoons Turmeric

Salt & Pepper

1 TBSP Kirkland Organic No Salt Seasoning (or 1/8 teaspoon each rosemary and thyme)

Garnich: Parsley, Lemon, or Green Onions {OPTIONAL}

Instructions

1. Roast Spaghetti Squash:
Preheat the oven to 400°F. Cut Spagetti Squash in half (very carefully). Scoop out seeds with a spoon before roasting . Place the squash in a roasting pan or baking dish, cut side down. Add some water in the bottom of the baking dish. Place squash on middle rack of oven and roast for 30-35 minutes. Check to see if squash is tender enough for your taste. Flip the squash to be cut-side up, and use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. You will use all of the "spaghetti" for this soup.

2. Season Chicken with salt and pepper. Roast, Grill, or Fry Chicken (in avocado, olive, or coconut oil). After cooking chicken, let cool slightly and cut or shred into bite-size pieces for the soup.

3. Sautee chopped onions, celery, and carrots in avocado oil in soup pot on medium heat. When onions become translucent, add garlic. and pour in all of chicken stock or bone broth. Add spaghetti squash, chicken, and seasonings. Bring to a low boil , reduce heat and let simmer for 10-15 minutes or until carrots are tender.

4. Serve with fresh lemon wedges/juice, fresh parsley, and/or sliced green scallions (OPTIONAL).

HAVEkidsWILLtravel
travel + family + food