

# nana's chicken soup with zucchini noodles

makes 6 servings | prep time: 20 minutes | cook time: 25 minutes

Some things are reflexive. Feeling yucky but hungry? Ninety-nine times out of one hundred, chicken soup fits the bill. Science has shown that chicken soup clears sinuses, but really did we need the PhDs to tell us what grandmothers have known since time immemorial? "Drink this and you'll feel better," was what my nana used to say, and boy was she right. I've honored her recipe here in all ways but one: instead of using old-fashioned egg noodles, I've taken a handheld spiralizer and run a zucchini through it. When you put these zucchini noodles in at the end of the simmering time, they have an al dente texture. It really completes the soup, and it will help you feel right as rain.

**2 tablespoons extra-virgin olive oil**

**1 yellow onion, finely diced**

**2 large carrots, peeled and cut into rounds**

**4 stalks celery, sliced into ½-inch chunks**

**Sea salt**

**6 cups Old-Fashioned Chicken Stock (below)**

**2 cups cooked and thinly sliced organic chicken (see Cook's Note on page 92) (below)**

**1 zucchini, peeled and spiralized or cut into thin noodles (see Cook's Note below)**

**1 teaspoon lemon zest**

**2 teaspoons freshly squeezed lemon juice**

**2 tablespoons finely chopped fresh flat-leaf parsley or dill, for garnish**

Heat the olive oil in a soup pot over medium heat, then add the onion, carrots, celery, and ¼ teaspoon salt and sauté until golden, about 8 minutes. Pour in ½ cup of the stock to deglaze the pot, stirring to loosen any bits stuck to the bottom, and cook until the liquid is reduced by half.

Add the remaining 5½ cups of stock, bring to a boil over medium heat, then decrease the heat and simmer until the vegetables are tender, about 10 minutes. Stir in the chicken, zucchini noodles, lemon zest, and lemon juice and cook for 2 minutes more. Serve garnished with the parsley, or store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

**cook's note:** Only put in the amount of zucchini noodles you will eat at the time. Letting them sit in the soup and reheating will turn them into mush, just like regular noodles. Refrigerate leftover, uncooked zucchini noodles in a separate airtight container. Add them to the soup when you reheat the leftovers.

**cook's note (page 92):** If you don't have leftover chicken on hand, you can quickly poach two skinless boneless breasts. The following method produces a delicate flavor by infusing the flavor of the stock liquid into the chicken. Season the breasts with salt and pepper. In a straight-sided skillet, bring 3 cups of stock to a boil over high heat. Add the chicken, cover, and decrease the heat to low. The liquid should be just below the boiling point, with its surface barely quivering. Cook for 15 minutes, then remove the chicken from the poaching liquid and let cool.

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# old-fashioned chicken stock

makes about 6 quarts | prep time: 10 minutes | cook time: 3 hours

Some things you learn at your father's knee. But chicken stock? I learned that at my mother's elbow, watching from my perch on the yellow Formica kitchen countertop as she reenacted her Nana's chicken stock note by note. Onions, carrots, celery, chicken . . . it's down-home, old-time comfort in a pot. I can't think of a better way to get vital nutrients, with a flavor that will leave you longing for more.

**6 pounds organic chicken backs, necks, bones, and wings**

**2 unpeeled white onions, quartered**

**4 unpeeled large carrots, cut into thirds**

**2 stalks celery, cut in thirds**

**6 sprigs fresh thyme**

**4 unpeeled cloves garlic, halved**

**1 large bunch fresh flat-leaf parsley**

**1 bay leaf**

**8 black peppercorns**

**8 quarts cold, filtered water, plus more if needed**

**Sea salt**

Rinse all of the vegetables well.

In a 12-quart or larger stockpot, combine the chicken, onions, carrots, celery, thyme, garlic, parsley, bay leaf, and peppercorns. Add the water, cover, and cook over medium-high heat until the water comes to a boil. Decrease the heat so the bubbles just break the surface of the liquid. Skim off the scum and fat that have risen to the surface. Simmer, partially covered, for about 3 hours. Add more water if the vegetables begin to peek out.

Strain the stock through a fine-mesh sieve or colander lined with unbleached cheesecloth into a clean pot or heat-resistant bowl, then stir salt in to taste. Bring to room temperature, then store in an airtight container in the refrigerator. Skim off as much fat as you can from the top of the broth, then portion into airtight containers. Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

**cook's note:** The stock will cool faster in smaller containers. Make sure it's refrigerated within 4 hours of cooking.

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