



CREAMY CHICKEN & VEGETABLE SOUP



INGREDIENTS

ITEM	QUANTITY
• Cooked Chicken Breast, shredded	5 oz.
• Low-fodmap Chicken Broth (Check for No Onion/Garlic)	1 Cup
• Zucchini, diced	½ Cup
• Carrots, sliced	¼ Cup
• Baby Spinach	½ Cup
• Green Onion Tops, sliced	2 tbsp.
• Lactose-free Milk	¼ Cup
• Lactose-free Cream Cheese	1 tbsp.
• Garlic-infused Olive Oil	1 tsp.
• Dried Thyme	½ tsp.
• Dried Parsley	½ tsp.
• Salt and Pepper, to taste	
• Fresh Lemon Juice	1 tsp.

SERVING SIZE 1



PREPARATION

- Heat garlic-infused olive oil in a small soup pot over medium heat.
- Add zucchini and carrots and sauté for 3-4 minutes until they begin to soften.
- Add chicken broth, thyme, parsley, salt, and pepper. Bring to a gentle simmer.
- Cook vegetables for 8-10 minutes until tender.
- Stir in lactose-free cream cheese and lactose-free milk, mixing until the broth becomes creamy and smooth.
- Add shredded chicken and spinach. Simmer another 2-3 minutes until spinach wilts and chicken is warmed through.
- Finish with fresh lemon juice and green onion tops before serving.