

MINDFUL SOUP

2 quarts chicken broth (or vegetable broth)
4 sprigs fresh thyme
1 onion, minced
2 carrots, thinly sliced
2 yellow squash, diced
½ pound asparagus, chopped
1 zucchini, grated into noodles (a Spiralizer works great!)
¼ pound angel hair pasta (or cooked spaghetti squash)
Cooked chicken breast (optional; if using, skinned and shredded)
A sprinkling of fresh chives and parsley
Sea Salt and freshly ground pepper, to taste
A squeeze of fresh lemon juice (optional)

- ♥ Combine the broth and fresh thyme. Simmer over medium heat while you
- ♥ prepare the vegetables. Set aside.
- ♥ In a separate pot, prepare the angel hair pasta according to package directions. (Or use prepared spaghetti squash – you will only need ½-1 cup)
- ♥ If using, be sure the chicken is cooked to an internal temperature of 165° F. On a cutting board, shred the chicken by pulling it apart with 2 forks in opposite directions. Cut into smaller pieces as desired.
- ♥ Now, add to the broth the onions and carrots. Simmer until tender.
- ♥ Add the squash, asparagus, zucchini, chicken and pasta.
- ♥ Turn heat to low and cook for another 10 minutes.
- ♥ Remove the thyme sprigs. Add the chives, parsley, salt and pepper.
- ♥ Serve with lemon wedges on the side, a colorful salad, and a slice of homemade natural yeast sourdough bread!