

Oh-So-Good Chicken Vegetable Soup

A hearty and healthy soup loaded with flavor and comfort.

Recipe by [Sergio Jackson](#) | Created on **Mar 12, 2022**

Ingredients

- 4 cups water
- 6 bone-in chicken thighs
- 2 tablespoons olive oil
- 2 carrots, chopped
- ½ onion, diced
- 4 cloves garlic, chopped
- 1 ½ teaspoons salt
- 1 (32 ounce) carton chicken broth
- 1 head broccoli, trimmed and chopped
- ¼ head cauliflower, trimmed and chopped
- 1 zucchini, trimmed and chopped

Directions

- Place water and chicken thighs in a pot. Bring to a boil; reduce heat and simmer until chicken is tender, about 30 minutes. Occasionally skim off scum as it forms.
- Heat olive oil in a large pot over medium heat. Cook and stir carrots and onions until they begin to soften, 3 or 4 minutes. Stir in garlic and salt; cook for 1 minute.
- Transfer chicken and cooking water to large pot. Add chicken broth. Bring mixture to a boil; reduce heat to low. Cover, leaving lid slightly ajar, and simmer at least 1 hour or up to 4 hours. Remove from heat.
- Transfer chicken to a work surface. Remove skin, bones, and cartilage. Shred chicken meat using 2 forks. Return chicken to pot. Add broccoli, cauliflower, and zucchini. Bring back to a simmer over medium-high heat. Reduce heat so soup gently simmers. Cook until vegetables are tender, 20 to 30 minutes.

Nutrition Facts

Serving: **8 servings** | Calories: **205.9 kcal** | Carbohydrates: **8 g** | Protein: **15.9 g** | Saturated fat: **2.9 g** | Cholesterol: **50.9 mg** | Sodium: **1049 mg** | Fiber: **2.4 g** | Sugar: **3.4 g**

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