

Chicken Noodle Soup

Serves: 6 | Serving Size: 1 1/3 cups

Ingredients Needed:

- 1 tablespoon oil – vegetable, canola, or olive
- 1 tablespoon garlic, minced
- 1 cup chopped onion (about 1 onion)
- 2 cups sliced carrots (about 3 carrots)
- ½ cup chopped celery (about 2 ribs)
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 teaspoon sage
- 1 tablespoon rosemary
- 1 tablespoon thyme
- 2 cups cooked chicken, shredded or diced (about 1 pound boneless, skinless chicken)
- 6 cups low-sodium chicken or vegetable broth
- 2 cups whole-grain egg noodles, cooked



Directions:

1. Place a large stockpot over medium-high heat.
2. Add oil, garlic, onion, celery, and carrots and sauté for about 7–10 minutes or until vegetables begin to soften.
3. Add seasonings and stir.
4. Add cooked shredded/diced chicken and stir.
5. Add broth and bring to a gentle boil, about 3–5 minutes.
6. Add cooked egg noodles, let simmer for about 5 minutes.
7. Remove from heat and serve.

Tips:

- Any boneless/skinless chicken part may be used for this recipe.
- Turkey can also be used instead of chicken.
- 2 cups of any cooked grain can be used instead of whole grain egg noodles (your favorite pasta, gluten-free pasta, rice, etc.)
- Soup freezes well. Make ahead and freeze for a day when nothing but soup will do.