

Chicken Noodle Soup

Makes: 6 servings

Ingredients

- 3 pounds skinless chicken pieces
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 onion (chopped)
- 1 cup celery (chopped)
- 3 large carrots (thinly sliced)
- 4 cups dry noodles
- Thyme or sage (optional)

Preparations

1. Thaw frozen chicken before cooking.
2. Place chicken in large kettle and cover completely with water. Cover pot, bring to a boil, reduce heat and simmer 2 to 3 hours.
3. Remove cooked chicken from the broth. Cool 10 to 15 minutes before separating bones from the meat. Break meat into bite-size pieces.
4. Remove any bones and fat from broth.
5. Put chicken meat, seasonings and vegetables into the stock.
6. Bring the broth to a boil, cover, reduce heat and cook on medium heat for about 15 to 20 minutes until carrots are crisp-tender.
7. Add the noodles and boil uncovered for about 6 to 7 minutes, stirring occasionally to break up any noodles.

Nutritional Information (per serving)

- Total calories: 276
- Total fat: 5 g
- Protein: 32 g
- Sodium: 338 mg
- Carbohydrate: 24 g
- Dietary fiber: 2 g
- Saturated fat: 1 g
- Total sugars: 3 g

Source: MyPlate