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## Chicken Noodle Soup

Servings = 4

Serving size = about two cups soup.

This recipe can easily be multiplied.

Cooking time: 30 minutes

This recipe make great leftovers.

2 tsp.	olive oil
1 lb.	chicken thighs (cut into 1 inch cubes)
1 medium	onion (diced)
3 ribs	celery (sliced)
3 medium	carrots (peeled and sliced)
2 cups	no salt added chicken stock
1/4 tsp.	salt
to taste	fresh ground black pepper
1/2 tsp.	dried tarragon
4 quarts	water
6 ounces	egg noodles

Place 1 teaspoon of olive oil in a large sauce pan over medium high heat.

When the oil is hot add the cubed chicken and cook, stirring frequently, until lightly browned. Remove to a plate.

Add 1 teaspoon olive oil and then the diced onion. Cook, stirring frequently, for about 4 – 5 minutes. Add the celery and cook for another 3 minutes.

Add the chicken, carrots, chicken stock, salt, pepper, tarragon and 4 cups of water.

Reduce the heat an let simmer for 45 minutes. Stir occasionally.

Place the remaining 3 quarts water in a large stock pot over high heat. When boiling add the noodles. Boil for about 10 minutes until just tender.

Drain the noodles and place in the bottom of serving bowls and then top with the soup. Serve.

### Nutrition Facts

Serving size about 2 cups

Servings 4

Calories 367

Calories from Fat 73 % Daily Value

Total Fat 8 g 13 %

Saturated Fat 2 g 9 %

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 93 mg 31 %

Sodium 337 mg 14 %

Total Carbohydrates 42 g 14 %

Dietary Fiber 4 g 15 %

Sugars 6 g

Protein 31 g

Vitamin A 157 %

Vitamin C 11 %

Calcium 6 %  
Vitamin K - 34 mcg  
Potassium 738 mg  
Magnesium 63 mg

Iron 17 %

""Next to hot chicken soup, a tattoo of an anchor on your chest, and penicillin, I consider a honeymoon one of the most overrated events in the world." Erma Bombeck, *Housewife*

**The refrigerator light goes on...**

OK, Chicken Noodle Soup is the best. There's just not a much better meal and if you are getting yours from a can, this is the easy compromise. It does take a little longer than opening a can but the reward is so great! This recipe is all of about 10 minutes active cooking time and it's oh, so worth it with true chicken flavor.

Cooking the noodles separately is key. It allows you to both keep the soup from becoming cloudy with the starch from the noodles and to precisely cook them 'til they are just done.