# Chicken noodle soup



Recipe credit

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## About this recipe

Serves
6
Serving size
1/6 of prepared recipe
Time to make
30 minutes preparation; 3 hours cook time broth and 30 minutes cook time soup

## Ingredients

- 3 pounds chicken pieces
- Water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 onion, chopped
- 1 cup celery, chopped
- 3 large carrots, scrubbed or peeled, thinly sliced
- 4 cups (6 ounces) dry noodles
- Optional: Seasonings such as 1 teaspoon thyme or sage

## Directions

1. Place chicken in a large kettle. Cover completely with hot water. Cover and bring to boil. Reduce heat, and simmer 2-3 hours.
2. Remove the cooked chicken pieces from the broth with a tongs or slotted spoon. Cool 10-15 minutes and then separate the meat from the bones and skin. Break meat into bite-size pieces.
3. Remove fat from the broth by skimming with a spoon, adding and removing ice cubes, or blotting top of broth with paper towels.
4. Put chicken meat, seasonings, and vegetables into the stock.
5. Bring broth to a boil. Cover and reduce heat. Cook about 15-20 minutes on medium heat until the carrots are crisp-tender.
6. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally to break up any noodles that might stick together.
7. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 2 days. When reheating, bring to a boil.

## Tips and variations

- One cup of dry noodles (1.5 ounces) makes one cup of cooked noodles.
- If you do not want to use all the chicken in the soup, before you add the vegetables and seasonings, prepare a container of the cooked meat covered with broth. Freeze in a microwave-safe jar or airtight containers. It can be kept for 6 months in the freezer. Thaw quickly in the microwave when you want to

use it.
- Peppery and hot, chicken noodle soup loosens up a stuffy nose or a tight chest cold.
- A child can help by measuring the noodles or scrubbing the carrots.

## Nutritional info

Calories
278
Total fat
7.6 g
Saturated fat
2 g
Cholesterol
92 mg
Sodium
308 mg
Total carbohydrates
24.3 g
Dietary fiber
2.5 g
Protein
27.1 g
Total sugar
3.1 g

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