HOMEMADE CHICKEN NOODLE SOUP

SERVES 8

Preparation time: 30 minutes
Cook time: 30 minutes

INGREDIENTS

1 pound boneless, skinless chicken breast or thigh
2 tablespoons canola or olive oil
1 onion, chopped
3 carrots, chopped
3 stalks celery, chopped
8 cups chicken stock

2 cups egg noodles
1 teaspoon dried oregano leaves
1 teaspoon dried parsley leaves
Salt and pepper to taste

DIRECTIONS

1. Brown chicken pieces in large Dutch oven until close to being cooked through.
2. Once cooked through, remove chicken and chop into small pieces. Return to Dutch oven.
3. Add vegetables and seasonings to chicken and sauté for another 3 minutes or so.
4. Add stock and bring to a boil. Cook for 10 minutes.
5. Add egg noodles and continue to gently boil until noodles are done.

SIMPLY GOOD EATING

Preparation time: 30 minutes
Cook time: 30 minutes
SERVES 8

• CHOOSE THE THICKNESS of your soup by adding or reducing the amount of chicken stock.
• ADD FLAVOR by adding any of your favorite vegetables.
• REDUCE SODIUM CONTENT by using reduced-sodium chicken broth.

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