

Chicken Noodle Soup

8 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 500 g Chicken (breast, meat and skin, raw)
- 200 g Noodles (egg, dry, enriched)
- 1 cup grated Carrots (raw)
- 1 × 250 ml diced Celery (raw)
- 1 cup, sliced Onions (raw)
- 3 clove Garlic (raw)
- 8 cup Soup (stock, chicken, homemade)
- 2 tbsp Vegetable oil (olive)
- 1 × 5 ml, ground Spices (thyme, dried)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook for 5 minutes until softened.
2. Add the garlic and thyme, stir for 30 seconds.
3. Pour in the chicken broth and bring to a boil. Add the chicken breasts whole.
4. Reduce heat and simmer for 15 minutes until the chicken is cooked through (internal temp 165°F / 74°C).
5. Remove the chicken and shred it with two forks. Return the shredded chicken to the pot.
6. Add the egg noodles, salt, and pepper. Cook for 6–8 minutes until the noodles are tender.
7. Taste and adjust seasoning. Serve hot with crusty bread.