

Simple Chicken Noodle Soup



Prep time: 10 minutes

Ready in: 40 minutes

Serving Size: 6 servings

Ingredients:

- 6 cups low-sodium chicken broth
- 1 large onion, chopped
- 3 stalks celery, chopped
- 3 large carrots, chopped
- 1 pound boneless, skinless chicken thighs, cut into pieces
- 1 cup thick ribbon pasta (more if desired)
- ½ teaspoon salt
- Ground black pepper

Directions:

1. Bring chicken broth to a boil in a large pot. Reduce heat to a simmer.
2. Stir in onion, celery and carrots and cook until tender (stirring from time to time), 15-20 minutes
3. Stir in chicken and continue to simmer until chicken is cooked through, 5-8 minutes
4. Stir in pasta and cook until pasta is done 10-12.
5. Taste and adjust seasoning with salt and pepper before serving.

****Tip: Celery.** Celery reduces inflammation, aids in digestion and helps to regulate the body's alkaline balance. It also reduces "bad" cholesterol and lowers blood pressure.

Chicken is a lean source of protein that contains essential nutrients and vitamins. It is rich in niacin which is essential for cancer protection and is lower in fat and calories compared to other meat such as beef or pork.

Nutrition Facts (per serving):

Calories: 281

Fat: 3g

Cholesterol: 43mg

Sodium: 244mg

Carbohydrates: 37g

Fiber: 3g

Sugar: 4g

Protein: 26g

Attributed from wholefoodsmarket.com; Modified by Emily Madden; 2013 Dietetic Student
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