
CHICKEN NOODLE SOUP

Modified from Fitness Magazine

PREP TIME: 15 min

COOK TIME: 60 min

MAKES: 6 servings

INGREDIENTS

1 store-bought, oven-roasted chicken

1 box (48 oz) low-sodium, fat-free chicken broth

3 carrots, sliced (I use bagged baby carrots and cut them into thirds)

3 celery stalks, chopped

1 small onion, chopped

2 garlic cloves, chopped

2 cups uncooked noodles (I use Manischewitz fine Egg Noodles)

DIRECTIONS

1. Sauté chopped onion, carrots, celery, and garlic in a little chicken broth until tender.
2. Shred chicken, discarding skin and bones.
3. Add remaining chicken broth and chicken. Bring to a boil.
4. Cook on low for at least 45 minutes.
5. Add noodles and simmer until noodles are cooked.

NOTES

If using larger noodles, it is best to cook them in a separate pot and add them to the soup once cooked. Otherwise they will soak up your broth! I usually add water or more chicken broth depending on how thin I want the soup, and more celery and carrots if I want more soup.