

Chicken Noodle Soup

Ingredients:

- 3 pound chicken
- 1 onion
- 2 stalks celery
- 3 large carrots
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon thyme or sage (optional)
- 8 ounces whole wheat noodles

Equipment:

- Cutting board
- Knife
- Stock pot
- Measuring cups
- Measuring spoons
- Stirring spoon

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 3 hours

Directions

1. Remove skin and place chicken in large pot. Cover completely with water. Cover, bring to boil, reduce heat, and simmer until chicken falls off bones, about 1 hour.
2. Remove pot from stove and remove cooked chicken pieces and remaining bones from broth with tongs or slotted spoon. Cool for thirty minutes before separating bones from meat. Break meat into bite-size pieces. Set aside. Let broth cool. Fat will rise to surface. Remove by spooning off.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Set aside.
4. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up into small pieces. Set aside.
5. Wash a carrot and place it on a cutting board. Starting at the small end, slice into very thin slices. Set aside.
6. Put chicken, seasonings and vegetables into broth in large pot. Bring broth to a boil, cover, reduce heat and cook about 15-20 minutes on medium heat until vegetables are crispy-tender.
7. While chicken and vegetables are cooking, cook noodles according to package directions. Drain. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally to break up any noodles that might stick together. Serve and refrigerate leftovers.

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Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 271	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 54mg	18%
Sodium 258mg	11%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Protein 24g	48%
Vitamin A 204%	Vitamin C 10%
Iron 11%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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