

Chicken Noodle Soup

Cook time: 2 hours 50 minutes

Makes: 6 servings

Ingredients

3 pounds chicken pieces (skin removed)

1/2 teaspoon salt

1/4 teaspoon black pepper

1 onion (chopped)

1 cup celery (washed and chopped)

3 carrot (large, scrubbed, thinly sliced)

4 cups noodles, dry

thyme or sage (optional)

Directions

1. Thaw frozen chicken in refrigerator (about 24 hours), or thaw in microwave just before cooking soup.
2. Place chicken pieces in large kettle. Cover completely with water. Cover, bring to boil, reduce heat, and simmer 2-3 hours.
3. With soap and water, carefully wash your hands and any counter surfaces and equipment that came in contact with raw chicken.

Nutrition Information

Nutrients	Amount
Calories	307
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	116 mg
Sodium	311 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	34 g
Vitamin D	0 IU
Calcium	38 mg
Iron	2 mg
Potassium	463 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
 Grains	1 ounce
 Protein Foods	4 ounces

4. Remove cooked chicken pieces from broth with tongs or slotted spoon. Cool 10-15 minutes before separating bones from meat. Break meat into bite-size pieces. Remove any bones from broth.
5. Remove fat from broth by skimming with spoon, adding and removing ice cubes, or blotting top of broth with paper towels.
6. Put chicken meat, seasonings and vegetables into stock.
7. Bring broth to a boil, cover, reduce heat and cook about 15-20 minutes on medium heat until sliced carrots are crispy-tender.
8. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally to break up any noodles that might stick together. (One cup of dry noodles (1.5 ounce) makes one cup of cooked noodles).
9. Ladle into soup bowls.
10. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 2 days. When reheating, bring to a boil.

Notes

Learn more about:

- [Onions](#)
- [Carrots](#)
- [Celery](#)

Source: University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, 2000