



Chicken Noodle Soup (FDD)

Makes: 6 Servings

This home-style chicken noodle soup makes a wonderful side dish. It tastes even better the next day if you have any leftovers.

Ingredients

1 pound chicken breasts (thawed, skin and bone removed from each piece)

6 cups water

1/2 teaspoon salt

1/4 teaspoon black pepper

Nutrition Information

Nutrients	Amount
Calories	287
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	149 mg
Sodium	305 mg
Total Carbohydrate	34 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

4 tablespoons egg mix

2 cups all-purpose flour

Directions

1. Cut up chicken breasts and place in a large pot with enough water to cover. Add salt and pepper.
2. Bring chicken and water to a boil. Reduce to medium heat and continue to cook for about 20 minutes.
3. Set aside 1/4 cup (about 1 ladle full) of the broth in a large bowl to cool down.
4. To make the noodles, combine egg mix and flour in a medium-size bowl. While mixing the egg and flour, slowly add the 1/4 cup cooled broth until a dough is formed.
5. Roll the dough on a clean, dry, floured surface. Add more flour as needed to keep it from sticking.
6. Cut dough into 1/2 inch wide strips that are about 6 inches long. 7. Gently put the strips into the pot with the chicken. Stir every 5 minutes.
8. Cook until done (about 15-20 minutes over medium heat). 9. Be careful! Pot may boil over if lid is fully closed.

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Source: Adapted from a recipe by Tod Robertson, Seminole Nation