



# Chicken Noodle Soup

## Ingredients

- 1 TBSP olive oil
- ½ cup chopped onion
- ½ cup chopped celery
- 9 cups low-sodium chicken broth
- ½ pound cooked chicken breast, shredded
- 1 ½ cups noodles
- 1 cup sliced carrots
- Juice from half a lemon
- Salt and black pepper, to taste
- ¼ cup fresh parsley, chopped

## Directions:

1. Add olive oil to a large pot over medium heat; Add onions, carrots, and celery; Cook for 5-10 min
2. Pour chicken broth into pot; Season with salt and pepper; Stir to combine and bring to a boil.
3. Reduce heat and simmer for 20 min; Add pre-cooked chicken, lemon juice and fresh parsley; Stir to combine; Leave covered and turn off heat
4. In a separate pot, cook pasta of choice according to box instructions; Drain pasta and add a portion to a bowl
5. Ladle soup over cooked pasta; Store leftovers in an airtight container in the fridge for 3-4 days.

## Equipment

- Small pot (pasta)
- Large pot (soup)

Cost:



Ease:



**Health Benefit:** Chicken breast is a great source of lean protein and helps keep you fuller for longer. Carrots contain vitamin A to support eye health. Celery and onion are low in calorie to support weight loss