



Chicken Noodle Soup

Ingredients: (Serves 8)

- 1 Tbsp. oil
- 1 small onion, diced
- 1 rib of celery, diced
- 1 medium carrot, diced
- 1 small clove garlic, minced
- ½ tsp. black pepper
- ½ tsp. salt
- 7 cups chicken broth
- 10 oz. diced cooked chicken (about ½ breast, 1 thigh & 1 drumstick)
- 4 ounces noodles
- 1 Tbsp. fresh parsley, finely chopped

Directions:

Dice onions, celery, and carrots. Mince garlic. Saute onions, celery, carrots and garlic in oil. Add black pepper, salt, chicken broth, and diced chicken. Heat to a gentle boil. Add noodles and cook until done (8 -10 min). Garnish with fresh parsley.



Nutrition Info (per 10 ounce serving)

Calories: 120

Total Fat: 3g

Sat Fat: 0g

Cholesterol: 30mg

Sodium: 160mg

Carbs: 13g

Protein: 10g