

Chicken Noodle Soup

Simple & Healthy



Ingredients:

- 1 Tbsp olive oil or butter
- 1 medium onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups low-sodium chicken broth
- 2 cups cooked, shredded chicken (from a store-bought rotisserie chicken for ease/budget)
- 2 cups dry egg noodles (or other short pasta)
- 1 tsp dried thyme (or other herbs like oregano/basil)
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions:

1. **Veggies First!** Sauté your onion, carrots, and celery in a pot until they start to soften.
2. **Aromatics & Broth Time!** Stir in garlic and herbs until fragrant, then pour in that delicious low-sodium chicken broth and crank up the heat to boiling!
3. **Noodles & Chicken Dive In!** Add your noodles and pre-cooked shredded chicken. Simmer until the pasta is perfectly tender.
4. **Season & Serve!** Taste, add salt and pepper as needed, garnish with fresh parsley if you like, and enjoy your amazing creation!



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