



Cozy Chicken Noodle Soup

This classic soup is both soothing and nourishing, made with slow-simmered broth, vegetables, and protein-rich chicken. The warm broth supports hydration, while the vegetables add fiber and important vitamins. Rich, savory broth with tender chicken and herbs makes this soup warm, cozy, and deeply satisfying, perfect for the cold days of winter. Lemon juice at the end gives a nice citrus kick.

Yield: 8 servings

Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, peeled and diced small
- 4 carrots, peeled and sliced thinly into half moons
- 2 ribs celery, sliced thinly
- 3 garlic cloves, peeled and minced
- 1 tsp dried basil
- ½ tsp dried thyme
- 1 bay leaf
- salt & pepper, to taste
- 2 chicken breasts skinless, bone-in
- 8 cups water
- 1 tsp. salt
- 6 oz. egg noodles, uncooked
- ¼ cup lemon juice, optional
- 1 Tbsp fresh parsley, minced

Directions:

1. Add olive oil, onion, carrots, and celery to a large soup pot and cook on medium heat until vegetables have softened, about 6 minutes, stirring occasionally.
2. Add the minced garlic, dried basil, dried thyme and bay leaf to the pot. Stir and cook an additional 1 minute. Add salt and pepper to taste.
3. Add chicken breasts to pot and cover with the water. Add 1 tsp salt.
4. Cover the pot with a lid, bring it to a boil over high heat, then reduce the heat to low and simmer for one hour. If the heat is turned down too low and it is not bubbling away, the chicken will not shred easily.
5. After an hour of simmering, remove the chicken from the pot. Using two forks, pull the meat and shred it.
6. Add the egg noodles to the pot, turn the heat up to high, and boil the noodles until tender (about 7 minutes). Return the shredded chicken to the pot.
7. Mix in lemon juice, if using, and finish with fresh parsley.

Nutrition info per serving:

Calories: 153, Saturated Fat: .9g, Sodium: 514mg, Added Sugars: 0g, Fiber: 2g, Protein: 14.5g

Adapted from: <https://www.budgetbytes.com/chicken-noodle-soup/>