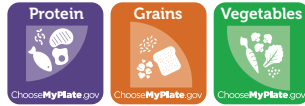


# Eat Smart • Move More

## Chicken Noodle Soup

Prep Time: 30 minutes

Total Time: 2 hours



### Ingredients

- 3 pounds boneless skinless chicken thighs
- 1 onion, chopped
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 teaspoon thyme
- ¼ teaspoon ground black pepper
- 8 ounces whole-wheat noodles

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (327.06g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 51g	
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 792mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

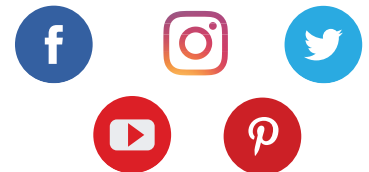
### Directions

- Place chicken in a stockpot. Cover with water and bring to a boil. Reduce heat and simmer until cooked through, about 1 hour.
- Remove from heat. Cool and remove cooked chicken from broth. Tear meat into bite-sized pieces. Let broth cool completely. Fat will rise to the surface, skim to remove.
- Place chicken, vegetables, and seasonings into the broth in the pot. Bring broth to a boil. Cover, reduce heat, and simmer about 15-20 minutes until vegetables are tender.
- While soup is cooking, cook noodles according to package directions. Serve warm.

### Quick Tips

- ▶ Try seasoning with sage, parsley, oregano, or basil.
- ▶ You can cook the noodles directly in the soup. Add more water, if needed, as the noodles will absorb liquid.
- ▶ Use an ice cube to attract fat and make it easier to scoop out with a spoon.

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(Recipe adapted from University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, as listed at: <https://whatscooking.fns.usda.gov>)

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