

# Classic Chicken Soup

## Ingredients:

2 tablespoons olive oil	2 pounds boneless chicken breasts
2 cup carrot, sliced	2 cups frozen peas
2 cups celery, chopped	1 1/2 teaspoons salt
8 cups reduced-sodium chicken broth	1/2 teaspoon ground pepper
1 1/2 cups water	3 cups cooked whole-wheat egg noodles
1 onion, chopped	1 teaspoon dried parsley
2 large cloves garlic, minced	1 bay leaf

## Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook for 2 - 3 minutes or until softened, stirring occasionally.
3. Add thyme and bay leaf and cook for 1 minute, stirring consistently.
4. Add broth and chicken. Cover, increase heat to high and bring to a simmer.
5. Uncover and cook about 20 - 22 minutes turning the chicken occasionally. Skim any foam from the surface as the chicken cooks. Chicken is done when meat thermometer registers 165°F, when inserted into the thickest part of the meat without touching bone.
6. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.
7. Meanwhile, add celery, carrots, and peas to the pot; return to a simmer. Cook until the vegetables are tender, 4 - 10 minutes. Stir in the shredded chicken, salt, pepper, and noodles. Cook until heated through, about 3 minutes more. Remove from heat and stir in parsley.

## Nutrition Facts

Serving Size 1 1/2 cup (259g)  
Servings Per Container 6

Amount Per Serving		
<b>Calories</b>	110	Calories from Fat 25
		<b>% Daily Value*</b>
<b>Total Fat</b>	2.5g	<b>4%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	25mg	<b>8%</b>
<b>Sodium</b>	320mg	<b>13%</b>
<b>Total Carbohydrate</b>	16g	<b>5%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	1g	
<b>Protein</b>	6g	
Vitamin A	25%	Vitamin C 40%
Calcium	2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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