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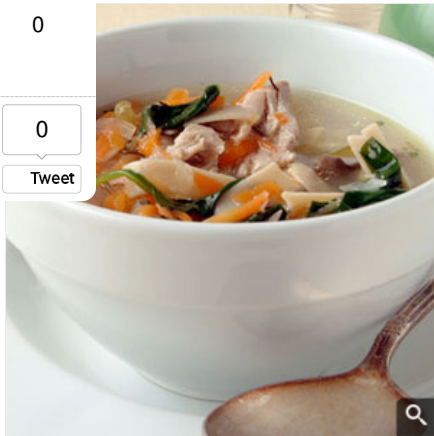


Photo: Jan Smith

To save cleanup time, cook the noodles first, and then use the same pot for the soup. Add the noodles to the soup just before serving so they don't absorb too much of the broth. You can bring the noodles to work in a zip-top plastic bag. Make the soup the night before, cool to room temperature, and refrigerate; reheat in the microwave or in a slow cooker set on HIGH.

Worthy of a special occasion

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Yield: 10 servings (serving size: 2 cups)

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Nutritional Information

Amount per serving

Calories: 291
Calories from fat: 17%
Fat: 5.6g
Saturated fat: 1.2g
Monounsaturated fat: 2.2g
Polyunsaturated fat: 1.4g
Protein: 34.5g
Carbohydrate: 27.1g
Fiber: 5.4g
Cholesterol: 96mg
Iron: 3.3mg
Sodium: 791mg
Calcium: 71mg

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Ingredients

\$ 6 ingredients on sale for ZIP 35201

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- 4 cups hot cooked whole wheat blend wide egg noodles (about 3 1/2 cups uncooked)
- 1 tablespoon olive oil
- 2 teaspoons salt, divided
- 8 cups water
- 4 cups fat-free, less-sodium chicken broth
- 2 cups chopped onion \$
- 1 cup chopped celery \$
- 2 tablespoons dried rosemary
- 1 1/2 pounds skinless, boneless chicken thighs \$
- 1 1/2 pounds skinless, boneless chicken breast \$
- 1 (10-ounce) package preshredded carrot
- 1 (8-ounce) package presliced mushrooms
- 1/3 cup finely chopped fresh parsley
- 1 (6-ounce) package fresh baby spinach \$
- 1/4 cup fresh lemon juice \$
- 1/2 teaspoon black pepper

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Preparation

Combine noodles, oil, and 1/2 teaspoon salt; toss well to coat.

Combine water and next 6 ingredients (through chicken breast) in a large Dutch oven; add 1/2 teaspoon salt. Bring to a boil. Cover, reduce heat, and simmer 30 minutes. Remove chicken from pan; cool slightly. Shred chicken with 2 forks.

Add carrot and mushrooms to pan; bring to a boil. Reduce heat, and simmer 6 minutes or until carrot is tender. Add shredded chicken, parsley, spinach, and remaining 1 teaspoon salt; cook 3 minutes or until spinach wilts. Stir in noodle mixture, lemon juice, and pepper. Cook 1 minute.

e.g. chicken, beef

e.g. rice, pasta

e.g. basil, cheese

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Maureen Callahan, *Cooking Light*
MARCH 2006

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EllenDeller

Do not use all that water! I don't know who would put flavorless water in a soup anyway, and it surely didn't need all that. I omitted it entirely and just added two extra cups of chicken broth. I also substituted chicken thighs, for a darker and richer flavor. Overall, the concept is fine, especially the rosemary, but forget the water.

Good, solid recipe 12/11/11

bellymama

We thought this soup was pretty bland and very watery, although we did enjoy the rosemary flavor. My husband made the soup, so assuming he did everything correctly, I would make some changes before making it again. I would definitely start by using less water and more chicken broth. This makes a lot of soup. Now I have to figure out what to do with it to doctor it up because I don't want to throw such a huge quantity away.

Has potential 01/21/11

nyca5124

This was excellent! My husband loved it. I couldn't find whole wheat egg noodles, so I used regular. This makes lots, happy to have the leftovers. Will definitely make again.

Outstanding 05/16/09

gunnercade

I went heavy on the vegetables and light on the chicken. I cut chicken breast in small pieces and stir-fried it with onion, celery and carrot. It gave a lot of flavor. I skipped the rosemary and added ginger and pepper for some Asian flavor and a bit of a kick. I cooked the noodles in the soup (OK, not very Asian, but it's MY soup!). The results were quite fantastic for something so simple, cheap and quick. My husband had 2 huge bowls. I am looking forward to leftovers for lunch.

Outstanding 01/18/09

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