

Eat
Well



HEARTY CHICKEN NOODLE SOUP

Cool fall days call for a heart-warming soup. This version is sure to please, as it's simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.

Prep
Time **15**
min

Cook
Time **20**
min

Makes 6
Servings

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 2 L (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 mL (1 cup) whole wheat egg noodles
- 250 mL (1 cup) frozen peas
- 60 mL (1/4 cup) grated Parmesan cheese
- 30 mL (2 tbsp) chopped fresh basil or parsley
- Hot pepper sauce (optional)

1. Trim any visible fat from the chicken thighs and set aside.
2. In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.*
3. Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite-size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

* Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING

% DV

Calories	210	-
Fat	7 g	10 %
Saturated + Trans	2 g	11 %
	0 g	-
Cholesterol	74 mg	-
Sodium	168 mg	7 %
Carbohydrate	14 g	5 %
Fibre	3 g	10 %
Sugars	2 g	-
Protein	23 g	-
Vitamin A	-	23 %
Vitamin C	-	7 %
Calcium	-	7 %
Iron	-	14 %



TIPS

- Time saver: Double this recipe and freeze extra servings for another day.
- Portion the soup into individual servings for easy meals that are ready to go.
- If you don't have a large pot, just double the recipe by using two smaller pots instead.



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