

Time: 30 minutes

Materials: large pot, spoon, stove, cutting board, knife

1 Ingredients

Makes 6 servings

4 Tbsp. Extra virgin olive oil

1/2 yellow onion, chopped into 1/2 inch cubes

2 cloves of garlic, minced

3 medium carrots, chopped

3 celery ribs, chopped

Sea salt (to taste)

Black pepper (to taste)

Bay leaf (optional)

8 c. chicken broth (I use 4 c. of low sodium and 4 c. regular sodium Swanson's or Trader Joe's brand)

1/2 of a rotisserie chicken, shredded (mix of dark and white meat)

8 oz. of extra wide egg noodles

1/2 c. parsley, chopped

Lemon wedges (optional)

2 Recipe

1. Add olive oil to the soup pot and begin heating on MEDIUM.
2. Add onions, garlic, carrots, and celery and let them sautee until onions are translucent.
3. Add salt and pepper to taste and bay leaf.
4. Add chicken broth. Turn heat to HIGH.
5. After broth starts boiling, turn to MEDIUM-LOW and let simmer for 20 minutes.
6. Add shredded chicken. Continue simmer for 6 minutes.
7. Add noodles. Cook for 3 more minutes.
8. Stir in parsley and serve with lemon wedges. Lemon juice complements the flavors of the soup really well.