



Old-Fashioned Chicken Noodle Soup

Makes 4 servings

Ingredients

8 cups chicken stock or fat-free, lower-sodium chicken broth
2 (4-ounce) skinless, bone-in chicken thighs
1 (12-ounce) skinless, bone-in chicken breast half
2 cups diagonally sliced carrot
2 cups diagonally sliced celery
1 cup chopped onion
6 ounces uncooked medium egg noodles
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
Celery leaves (optional)



Instructions

1. Combine the first 3 ingredients in a Dutch oven over medium-high heat; bring to a boil. Reduce heat; simmer 20 minutes. Remove chicken from pan; let stand for 10 minutes. Remove chicken from bones; shred meat into bite-sized pieces. Discard bones.
2. Add carrot, celery and onion to pan; cover and simmer for 10 minutes. Add noodles, and simmer 6 minutes. Add chicken, salt and black pepper; cook for 2 minutes or until noodles are done. Garnish with celery leaves, if desired.

Nutrition Facts

Serving size: about 1 1/2 cups; Total time: 1 hour, 1 minute; Calories 423; Fat 7.7 g; Saturated fat 2.2 g; Mono fat 1.6 g; Poly fat 1.4 g; Protein 44.4 g; Carbohydrate 42.2 g; Fiber 4.8 g; Cholesterol 171 mg; Iron 3.3 mg; Sodium 474 mg; Calcium 98 mg

Recipe Courtesy of www.myrecipes.com



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