

# HEALTHY RECIPE

## Homemade Herbed Chicken Noodle Soup

Fresh herbs like rosemary, tarragon, thyme and parsley and a garden variety of veggies come together for one of the most delicious chicken noodle soups. This recipe uses low-fat, low-sodium chicken broth for a light, nutritious lunch.

### Ingredients

- 3 tablespoons vegetable oil
- 2 onions, diced
- 6 stalks celery, diced
- 6 carrot, diced
- 3/4 tablespoon chopped fresh rosemary
- 3/4 tablespoon chopped fresh tarragon
- 3/4 tablespoon chopped fresh thyme
- 3/4 tablespoon chopped Italian flat leaf parsley
- 4 quarts low-fat, low sodium chicken broth
- 3-1/2 cups cubed skinless, boneless chicken breast meat
- 1 (16 ounce) package egg noodles
- salt and pepper to taste

### Cooking Instructions

1. In a large skillet over medium heat, cook onions in oil until translucent. Stir in celery, carrot, rosemary, tarragon, thyme and parsley and cook, covered, until vegetables are soft, 5 to 10 minutes.
2. Transfer vegetable mixture to a large pot and pour in chicken broth. Simmer over low heat, covered, for 30 minutes.
3. Stir in chicken breast pieces and egg noodles and simmer, covered, 30 minutes more. Season with salt and pepper.

Preparation Time: 20 min.

Cooking Time: 60 min.

Ready In: 80 min.

Servings: 12

### Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories: 278

Total Fat: 5.7g

Cholesterol: 69mg

Sodium: 681mg

Carbohydrates: 30.3g

Fiber: 2.6g

Protein: 24.2