

Chicken Noodle Soup

6 servings

Avoid oversized portions. Use a smaller plate at meals and portion out snacks.

- 1 whole chicken*
- 1 teaspoon salt
- $\frac{3}{4}$ cup whole wheat egg noodles, uncooked**
- 1 cup celery, scrubbed with clean vegetable brush under running water and sliced
- 1 onion, scrubbed with clean vegetable brush under running water and chopped
- 3 large carrots, scrubbed with clean vegetable brush under running water, peeled and sliced
- water, to cover



1. Wash hands with soap and water.
2. In a large saucepan, place salt and chicken. Wash hands with soap and water after handling uncooked chicken.
3. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender and reaches an internal temperature of 165 °F on food thermometer.
4. Remove chicken from broth and cool enough to handle. Remove skin and bones and chop the meat. Skim fat from broth.
5. Add additional water, if needed to make 6 cups. Bring to a boil.
6. Add chicken, onion, carrots, celery, and noodles to the broth. Cover, reduce heat, and simmer for 20 minutes.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

*Substitute a 2 pound beef roast or stew meat for chicken to make beef noodle soup.

**Substitute $\frac{3}{4}$ cup rice for noodles to make chicken and rice soup.

Nutrition Information per Serving: (1/6 of recipe) Calories 180, Total Fat 3.5g, Saturated Fat 1g, Cholesterol 80mg, Sodium 520mg, Total Carbohydrate 11g, Dietary Fiber 2g, Sugars 3g, Protein 25g, Vitamin A 100%, Vitamin C 15%, Calcium 4%, Iron 8%.