

Grandma's Chicken Noodle Soup

Soup of the Month – January 2012



Made with love. There's nothing like chicken noodle soup, laden with vitamin A, to warm little tummies.

Prep Time: 15 Min

Start to Finish: 6 Hr. 55 Min

Makes: 6 servings

INGREDIENTS

3/4 lb. boneless skinless chicken thighs, cut into 1-inch pieces
2 medium stalks celery (with leaves), sliced (1 1/4 cups)
1 large carrot, chopped (3/4 cup)
1 medium onion, chopped (1/2 cup)
1 can (14.5 oz.) diced tomatoes, un-drained
1 3/4 cups Chicken broth (from 32-oz carton)
1 teaspoon dried thyme leaves
1 box (9 oz.) Frozen baby sweet peas
1 cup frozen home-style egg noodles (from 12-oz bag)

DIRECTIONS

1. Spray 10-inch skillet with cooking spray; heat over medium heat until hot. Add chicken; cook about 5 minutes, stirring frequently, until browned.
2. Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix chicken and remaining ingredients except peas and noodles.
3. Cover; cook on Low heat setting 6 hours 30 minutes to 7 hours.
4. Stir in peas and frozen noodles. Cover; cook on Low heat setting about 10 minutes longer or until noodles are tender.

Recipe Provides: Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	210	Calories from Fat:	50
Total Fat:	5 g	Saturated Fat:	1 1/2 g	Cholesterol:	60 mg
Sodium:	430 mg	Total Carbohydrate:	22 g	Dietary Fiber:	3 g
Sugars:	6 g	Protein:	17 g		



This recipe adapted from WWW.eatbetterearly.com