

Our Favorite Chicken Noodle Soup

Even though it sounds too good to be true, chicken noodle soup can actually help you get well faster when you are suffering from the head and chest congestion that comes with cold and flu season. The hot broth can clear congestion and ease a sore throat; it also provides the fluids that our bodies need more of when we are sick. The chicken provides protein, which our immune system needs to fight off the germs. And the vegetables and whole grain noodles provide vitamins and minerals that boost our immune systems.

So, keep this soup at the ready to help your family fight off colds and flu this winter. It freezes well, so put some in freezer containers just in case there is a time you are not feeling well enough to cook.

Serving Size: 1 1/3 cups

Serves: 6

Cost Per Serving: About \$0.60

Ingredients:

- 2 chicken leg quarters
- 6 cups water
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 cup chopped celery (about 1 rib)
- 1/2 cup chopped onion (about 1/2 onion)
- 2 cups sliced carrots (about 4 carrots)
- 2 cups whole grain wide egg noodles (2.5 ounces)



Instructions:

1. Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165°F (10-15 minutes).
2. While chicken is cooking, clean and chop vegetables.
3. Take chicken out of water with tongs or fork. Cool in refrigerator about 5 to 10 minutes.
4. Add parsley, Italian seasoning, pepper, salt, celery, onion, and carrots to the pot of hot water.
5. Once chicken is cool enough to handle, remove bones and skin from chicken and discard. Cut meat into bite-sized pieces and add to the pot of hot water. Bring to a boil.
6. When water is boiling, add noodles. Cook according to package directions or about 5 minutes.

Tips:

- Any chicken part may be used for this recipe. If using boneless, skinless chicken breasts, use only 3/4 pound.
- Soup freezes well. Make ahead and freeze for a cold or sick day.
- Other seasoning may be used instead of the parsley and Italian seasoning.
- If you like, remove chicken skin before cooking. This will decrease fat and calories slightly.

Nutrition Facts per serving: Calories 280; Total fat 4.5 g; Sat. fat 1 g; Cholesterol 80 mg; Sodium 350 mg; Carbohydrate 32 g; Dietary Fiber 5g; Sugars 3 g; Protein 27 g, Vitamin A 140%; Vitamin C 6%, Calcium 6%, Iron 15%.

Source: Justine Hoover, R.D.; Spend Smart. Eat Smart. Iowa State University Extension.
<http://blogs.extension.iastate.edu/foodsavings/2016/01/04/our-favorite-chicken-noodle-soup/>