

Vegetable Chicken Noodle Soup

INGREDIENTS

- » 1 tsp olive oil
- » 1 cup chopped onion
- » 1 minced garlic clove
- » 1/4 cup chopped celery
- » 1/4 cup red bell pepper
- » 8 cups water
- » 2 cups chopped carrots
- » 2 chicken bouillon cubes
- » 1/2 tsp thyme
- » 3 cups uncooked, large egg noodles
- » 2 cups diced, cooked chicken breast
- » 2 cups frozen green petite peas
- » 1 tsp salt-free herb seasoning blend
- » 2 tbsp cornstarch

Nutritional Content

Per Serving

Calories	323cal	Cholesterol	73mg
Protein	26g	Sodium	674mg
Carbohydrate	38g	Calories from Fat	20%
Fat	7g	Fiber	6g
Saturated Fat	2g		

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INSTRUCTIONS

In a medium pot, over medium-high heat, add olive oil. Sauté onion, garlic, and celery for 2 minutes. Add red bell peppers, water, carrots, chicken bouillon cubes, and thyme. Bring to a boil and add egg noodles. Cook 8 minutes until noodles are tender. Add diced cooked chicken, peas, and salt-free herb seasoning. Simmer for 10 minutes. Mix cornstarch with 1 tbsp water and stir into soup. Simmer for 5 to 10 more minutes. Serves 4.