

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

## Nutritional Content

Per Serving

Calories	338cal	Cholesterol	73mg
Protein	26g	Sodium	674mg
Carbohydrate	39g	Calories from Fat	22%
Fat	8g	Fiber	6g
Saturated Fat	2g		

In a saucepan, over medium-high heat, add olive oil. Sauté onion, garlic, and celery for 2 minutes. Add red bell peppers, water, carrots, chicken bouillon cube, 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 1/2 tbsp water and stir into soup. Simmer for 5 to 10 more minutes. Serves 1.