

# CHICKEN NOODLE SOUP

Preparation: **10** minutes | Cooking: **25** minutes | Servings: **6**

## INGREDIENTS

*3 stalks celery chopped*  
*3 carrots chopped, about 2 cups*  
*2 cloves of fresh garlic minced*  
*2 bay leaves*  
*6 ounces uncooked egg noodle pasta*  
*6 ounces cooked chicken*  
*7 cups chicken stock, homemade or store-bought*  
*1/2 cup diced onion*  
*1/2 tablespoon olive oil or cooking spray*  
*1/2 tablespoon fresh parsley chopped (you can substitute dried)*  
*Salt and pepper to taste*



## INSTRUCTIONS

Spray a large pot with cooking spray (or drizzle with olive oil), and heat to medium heat. Add the onion, celery, carrots, parsley and bay leaves to the pan. When they start to sizzle, reduce heat to low. Cook for about 5 minutes, stirring a couple of times in between. Add the minced garlic, 1/4 teaspoon of salt and 1/8 teaspoon of black pepper; stir and cook another minute. Add the chicken stock to the pot, using a wooden spoon to scrape up any brown bits from the bottom. Raise the heat back up to about medium-high, and bring to a boil. Add the pasta, and cook according to package directions. Add the chicken when there is about 2 minutes left for the pasta to cook. Add salt and pepper to taste. Add parsley for garnish (optional).