



Classic Chicken Noodle Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 pound chicken thighs bone-in
- ☐ 2 tablespoons canola oil
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery ()
- ☐ 1 chicken breast bone-in
- ☐ 4 cups chicken stock see unsalted

- ☐ 1 cup wine dry white
- ☐ 1 cup extra wide egg noodles uncooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 cups onion chopped
- ☐ 3 parsley fresh
- ☐ 1 rosemary leaves fresh
- ☐ 3 thyme sprigs fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven
- ☐ cheesecloth

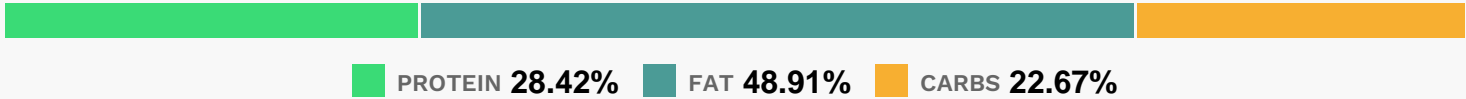
Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add chicken, flesh side down. Cook 10 minutes; turn thighs after 5 minutes. Cool; shred. Discard bones.
- ☐ Add onion, carrot, and celery to pan; saut 10 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Place herb sprigs and bay leaves on cheesecloth. Gather edges; tie securely.
- ☐ Add sachet to pan.
- ☐ Add wine; bring to a boil. Cook 4 minutes.
- ☐ Add chicken and stock. Cover; reduce heat. Cook 7 minutes.

- ☐ Add noodles; cook 6 minutes or until al dente. Discard sachet. Stir in chopped parsley, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- ☐ If you like peanut butter, try Peanut–Chicken Soup: Prepare Classic Chicken Noodle Soup through step 2, omitting carrot and celery and adding 1 cup thinly sliced leeks and 1 tablespoon grated peeled fresh ginger with onion; omit thyme and rosemary from sachet.
- ☐ Combine 1/4 cup creamy peanut butter, 1/4 cup water, and 1 (5-ounce) can drained diced tomatoes, stirring well.
- ☐ Add peanut butter mixture, 3 cups unsalted chicken stock (such as Swanson), 2 cups water, 2 cups cubed peeled sweet potato, and 3/4 teaspoon ground red pepper; bring to a boil. Return chicken to pan. Reduce heat to medium, and simmer 20 minutes, stirring occasionally.
- ☐ Remove from heat; discard sachet. Ladle about 1 1/3 cups soup into each of 6 bowls, and top each serving with 2 teaspoons chopped fresh flat-leaf parsley and 1 teaspoon chopped unsalted peanuts.
- ☐ Serves 6 Calories 336; Fat 2g (sat 5g); Sodium 519mg
- ☐ If you like hot peppers, try Spicy Chicken Soup: Prepare Classic Chicken Noodle Soup through step 3, omitting carrot and celery, omitting thyme and rosemary from sachet, and adding 3 cilantro sprigs and 2 halved habanero peppers to sachet. Stir in 2 cups water, 1 cup chopped red-skinned potatoes, 1 cup corn kernels, and 1 tablespoon ground cumin, and bring to a boil. Reduce heat to medium, and simmer 15 minutes or until the potatoes are tender, stirring occasionally.
- ☐ Remove from heat; discard sachet. Stir in 1/4 teaspoon kosher salt.
- ☐ Garnish servings evenly with 1 cup chopped avocado, 1/2 cup fresh cilantro leaves, and 1 teaspoon grated lime rind.
- ☐ Serve with lime wedges.
- ☐ Serves 6 (serving size: about 1 1/3 cups) Calories 375; Fat 1g (sat 3g); Sodium 480mg
- ☐ If you like curry, try Curried Chicken Soup: Prepare Classic Chicken Noodle Soup through step 2, omitting celery, omitting thyme and rosemary from sachet, and adding 3 cilantro sprigs, 1 (1/2-inch) piece peeled fresh ginger, and 1 pierced serrano chile to sachet. Stir in 3 tablespoons Madras curry powder; saut 20 seconds.
- ☐ Add 3 cups unsalted chicken stock (such as Swanson), 1 cup water, and 1 (14-ounce) can light coconut milk; bring to a boil. Return chicken to pan. Reduce heat to medium, and simmer 15 minutes or until vegetables are tender, stirring occasionally.
- ☐ Remove from heat; discard sachet.

- ☐ Combine 1/4 cup plain 2% reduced-fat Greek-style yogurt, 2 teaspoons chopped fresh cilantro, 1/4 teaspoon grated lime rind, and 1/2 teaspoon fresh lime juice.
- ☐ Serves 6 (serving size: about 1 1/3 cups soup and 2 teaspoons yogurt mixture) Calories 302; Fat 6g (sat 5g); Sodium 402mg

Nutrition Facts



Properties

Glycemic Index:55.97, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:19.56391305768%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 374.79kcal (18.74%), Fat: 18.68g (28.74%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.4g (6.33%), Sugar: 6.45g (7.16%), Cholesterol: 97.2mg (32.4%), Sodium: 640.96mg (27.87%), Alcohol: 4.12g (100%), Alcohol %: 1.3% (100%), Protein: 24.42g (48.85%), Vitamin A: 3859.11IU (77.18%), Vitamin B3: 9.96mg (49.81%), Selenium: 33.14µg (47.35%), Vitamin K: 41.12µg (39.16%), Vitamin B6: 0.75mg (37.75%), Phosphorus: 275.29mg (27.53%), Potassium: 673.08mg (19.23%), Vitamin B2: 0.31mg (18.12%), Vitamin B5: 1.43mg (14.31%), Manganese: 0.28mg (14.25%), Vitamin B1: 0.19mg (12.37%), Vitamin C: 9.94mg (12.05%), Magnesium: 47.43mg (11.86%), Zinc: 1.62mg (10.79%), Copper: 0.2mg (9.78%), Iron: 1.59mg (8.86%), Vitamin E: 1.29mg (8.57%), Folate: 34.21µg (8.55%), Vitamin B12: 0.5µg (8.42%), Fiber: 2.08g (8.32%), Calcium: 49.01mg (4.9%)