



Easy Chicken Noodle Soup from a Leftover Roasted Chicken

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaves
- 6 servings pepper black freshly ground
- 0.5 teaspoon peppercorns whole black
- 1 medium carrots peeled coarsely chopped
- 2 medium carrots peeled
- 2 medium celery stalks
- 2 ounces extra wide egg noodles dried

- 1 teaspoon thyme sprigs fresh finely chopped
- 1 teaspoon kosher salt plus more for seasoning
- 1 tablespoon olive oil
- 12 cups water
- 0.5 medium onion yellow

Equipment

- sauce pan
- pot
- sieve
- wooden spoon
- dutch oven
- kitchen scissors
- colander
- cleaver

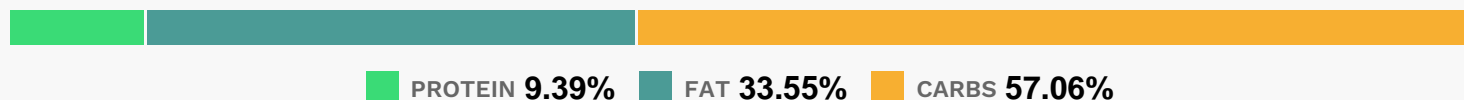
Directions

- For the stock:Using a cleaver or kitchen scissors, break up the carcass into several smaller pieces so that they will fit in an even layer in the bottom of a large pot or Dutch oven; set aside.
- Heat the oil in the pot over medium-high heat until shimmering.
- Add the carcass pieces and cook, turning occasionally, until lightly browned all over, about 8 minutes.
- Add the remaining ingredients and stir to combine, scraping up any browned bits from the bottom of the pot with a wooden spoon. Bring to a simmer (do not let the stock come to a boil).Reduce the heat to low and continue to simmer, occasionally skimming any scum off the surface of the stock using a large spoon. Cook, adjusting the heat as necessary to keep the stock at a simmer, until the flavors have developed, about 1 1/2 hours.
- Remove and discard any large pieces of carcass. Set a fine-mesh strainer over a 2-quart saucepan and pour the stock through the strainer (you should have about 6 cups). Discard the contents of the strainer. (At this point, the stock can be cooled to room temperature and

refrigerated in a container with a tightfitting lid for up to 3 days or frozen for up to 1 month.)For the soup:Bring the stock to a simmer over medium–high heat.

- Add the carrots, celery, onion, measured salt, and thyme, season with pepper, and stir to combine. Return to a simmer, reduce the heat to medium low, and simmer until the vegetables are tender, about 20 minutes.Meanwhile, bring a medium saucepan of heavily salted water to a boil over high heat.
- Add the noodles and cook according to the package directions until al dente.
- Drain in a colander.While the vegetables and noodles cook, shred the reserved chicken meat from the carcass into bite–size pieces. Reserve 1 1/2 cups for the soup; save the rest for another use.When the vegetables are tender, add the drained noodles and shredded chicken, stir to combine, and return the soup to a simmer. Cook until the flavors meld, about 5 minutes more. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:7.9965217592924%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 2.86g (4.4%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 9.43g (3.43%), Sugar: 2.03g (2.26%), Cholesterol: 7.94mg (2.65%), Sodium: 435.88mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 5126.78IU (102.54%), Selenium: 7.55µg (10.79%), Manganese: 0.21mg (10.26%), Copper: 0.13mg (6.5%), Vitamin K: 6.67µg (6.35%), Fiber: 1.51g (6.05%), Potassium: 145.93mg (4.17%), Magnesium: 16.3mg (4.07%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.08mg (3.86%), Phosphorus: 37.54mg (3.75%), Vitamin C: 3.06mg (3.71%), Calcium: 34.03mg (3.4%), Vitamin B1: 0.04mg (2.76%), Folate: 11.02µg (2.75%), Vitamin B3: 0.52mg (2.62%), Iron: 0.42mg (2.33%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.19mg (1.92%), Vitamin B2: 0.03mg (1.88%)