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Chicken Noodle Soup...the easy way!

This take on a classic recipe will bring back memories of being a kid and slurping up those delicious noodles! Feel free to substitute with vegetable broth and replace chicken with chickpeas or white kidney beans to make a vegetarian version.

INGREDIENTS

- 2 Tbsp (30mL) olive oil
- 2 ribs celery, washed and chopped
- 2 medium carrots, peeled and chopped
- 2 medium parsnips, peeled and chopped
- 1 medium yellow onion, peeled and chopped
- 2 dried bay leaves
- 4 sprigs fresh thyme (optional)
- 8 cups (2 L) low-sodium chicken broth
- 2 cups (500mL) cooked chicken, shredded or 500 g boneless, skinless thighs or breasts*
- 1 cup (250mL) dry broad egg noodles
- Salt and pepper, to taste
- Fresh lemon (optional)
- Chopped fresh parsley (optional)

PREPARATION

Heat olive oil to medium heat in a large soup pot or Dutch oven. Add in celery, carrots, parsnips, onion, bay leaves and thyme. Cook vegetables for 5 minutes, stirring every minute or so. Add in chicken broth and bring to a light boil. Add cooked chicken, reduce heat to medium, cover and let soup simmer for 10 minutes.

Add in noodles and cook for 5-6 minutes, or until tender.

Remove soup from the heat. Season with salt and pepper, if necessary, and stir in a squeeze of fresh

lemon juice (about 2 teaspoons) and a handful of chopped parsley, if using. Serves 4-6.

Soup will keep in the fridge for 3 days and will freeze up to 2 months.

*if you prefer to cook boneless chicken breast or thigh yourself simply remove the skin, cut into chunks



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and add to the pot once the vegetables have cooked for 5 minutes.

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