

"We Get Food Moving"

## Easy 30 Minute Homemade Chicken Noodle Soup with Bay Leaf

### Ingredients:

- 2 tablespoons of Olive Oil
- 1 cup of Carrots - peels and sliced thin
- 1 cup of Celery - sliced thin
- 1 cup of Onion - diced small
- 2 cloves of Garlic - minced
- 8 cups of Low Sodium Chicken Broth
- 2 Bay Leaves
- ½ teaspoon of dried Thyme
- ½ teaspoon of dried Oregano
- 1 teaspoon of Pepper
- 12 ounces of Egg Noodles (or your favorite noodles/pasta)
- 2 cups of Chicken - cooked and shredded
- 1 tablespoon of Lemon Juice
- Salt to taste

### Instructions:

1. To a large dutch oven or stock pot, add oil and heat over medium high heat to warm.
2. Add carrots, celery, onion, and saute for about 7 minutes until vegetables soften.
3. Add garlic and saute for another 1-2 minutes.
4. Add chicken broth, bay leaf, thyme, oregano, pepper, and bring to a boil. Allow mixture to boil gently for about 5 minutes or until vegetables are fork tender.
5. Add egg noodles and boil for another 10 minutes or until the noodles are soft and cooked through. Add more broth or water if you deem necessary.
6. Add chicken and lemon juice (brightens up the flavor) and boil 1 to 2 minutes. Taste soup and add salt to taste.
7. Remove bay leaves and serve! Soup will keep for 5-7 days in an airtight container in the fridge or up to 6 months in the freezer.

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## How To "Half" A Recipe

### When it calls for:

1/4 cup  
1/3 cup  
1/2 cup  
2/3 cup  
3/4 cup  
1 Tablespoon  
1 teaspoon  
1/2 teaspoon

### Use:

2 Tablespoons  
2 Tablespoons + 2 teaspoons  
1/4 cup  
1/3 cup  
6 Tablespoons  
1 1/2 teaspoons  
1/2 teaspoon  
1/4 teaspoon

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