HEARTY

CHICKEN NOODLE SOUP

PREPARATION: 25 MINUTES
RESTING TIME: 45 MINUTES
12 SERVINGS

INGREDIENTS

1/4 cup olive oil
2 large chicken breasts, cubed (total of 1 lb)
1 cup yellow onion, diced
1 cup celery, diced
1/2 cup carrots, diced
1/2 cup red peppers, diced
3 cups cabbage, chopped
1 cup green peppers, diced
1 tablespoon garlic, minced
1 teaspoon ground coriander seeds
1 teaspoon dried thyme
Freshly ground pepper to taste
1 bay leaf

3 cups chicken broth
(Use a no-salt-added product)
4 cups water
2 tablespoons lemon juice
1 1/2 cups small pasta
(for example: small shells)
1/4 cup freshly chopped parsley

PREPARATION

1. In a large 4 quart heavy bottomed pot, heat oil over medium-high heat for 1 minute and add chicken breast to brown lightly. Add all vegetables and spices and continue to cook for 8-10 minutes, stirring frequently.

2. Add broth, water and lemon juice to the vegetable-chicken mix. Cover, turn to high heat and bring to a boil (2 minutes). Reduce heat to minimum and let simmer 20 minutes.

3. Add pasta and finish simmering for 5 to 10 minutes depending on the size of the pasta.

4. Before serving, sprinkle fresh parsley on top and serve.

SUGGESTION

Freeze in portions, reheat in the microwave and you can have a hearty meal in minutes!

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