

# HEARTY CHICKEN NOODLE SOUP

PREPARATION: 25 MINUTES

RESTING TIME: 45 MINUTES

12 SERVINGS



Nutrient Analysis	
PER SERVING (1 cup)	
Renal/Diabetic exchanges: 1 Meat + 1 Starch + 1 Vegetable	
Calories	169 Kcal
Protein	12g
Total Carbohydrate	15g
Fiber	2g
Sugars	2g
Fat	7g
Saturated	1g
Cholesterol	25mg
Sodium	81mg
Potassium	363mg
Phosphorus	144 mg
Calcium	30mg
Iron	1mg
Magnesium	26mg
Vitamin C	30mg

# HEARTY CHICKEN NOODLE SOUP



## 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.

## 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

## SUGGESTION

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