

CHICKEN NOODLE SOUP



Serves :
approx 6



Prep Time : 10 Mins



Cook Time : 45 Min

Ingredients

- 2 chicken breasts
- 8 cups water (give or take)
- 2 Tbs chicken bouillon (homemade is best!)
- 3-4 carrots, peeled and sliced
- 3 cloves of garlic, minced
- 1 onion, chopped
- 2 stalks celery, chopped
- 1" fresh ginger, diced small
- 1-2 Tbs fresh parsley
- salt & pepper to taste
- 1 bay leaf
- noodles (I use plain noodles with no added seasonings)

Directions

1. Place the chicken and water in large stockpot and bring to a boil. Cook and skim as needed.
2. While chicken is cooking, prepare remaining ingredients.
3. When chicken is mostly cooked, remove from pot and cut/shred into small pieces.
4. Return chicken to pot with vegetables, and seasonings; bring to a boil. Reduce heat; cover and simmer for 30 min or longer to incorporate the flavors.
5. Add noodles and cook for time specified on noodle package.

Add-Ins

- Turmeric
- Rosemary
- Lemon

