

Easy Chicken Noodle Soup

Meal time: Dinner

Meal course: Main

Meal type: Meat

Difficulty: Easy

Total time: 1 hour

Servings: 10

| Ingredients | Nutrition Facts | |
|---------------------------------|--------------------|--------------------|
| | | Amount per serving |
| 1 onion, finely chopped | Calories | 238 |
| 2 garlic cloves, pressed | Total Fat | 9g |
| 1 tsp oil | Saturated Fat | 2.5g |
| 6 chicken thighs | Cholesterol | 55mg |
| 4 medium carrots, chopped | Sodium | 1196mg |
| 2 bay leaves | Total Carbohydrate | 18.7g |
| 3 tbsp fresh chopped parsley | Dietary fiber | 1.3g |
| Salt and pepper | Total Sugars | 3.2g |
| 1/4 tsp turmeric | Protein | 19.3g |
| 2.8L chicken broth | Vitamin D | 0mcg |
| 230g egg noodles | Calcium | 31mg |
| 2 tbsp lemon juice | Iron | 3mg |
| 2 medium celery stalks, chopped | | |

Method

1. Use paper towels to dry the chicken, then season with pepper & salt. Warm the oil over medium heat. In the pot, add chicken thighs in batches. Put chicken skin-side down in the pot and cook the chicken for 3 more minutes after flipping it after browning the skin. Take out the chicken out of the pot, then set it on a side.
2. In the chicken fat, sauté the onions and garlic for 3-4 minutes and stirring occasionally. Then add the thyme, celery, and carrots and continue to sauté for 2 more minutes.
3. Add the turmeric, bay leaves, and chicken broth to the pot and add salt and black pepper. Then add the chicken thighs to the broth and stir thoroughly. Cover the pot and cook for 25-30 minutes, stirring frequently (reduce or increase the heat a little, as needed).
4. Transfer the cooked chicken to a dish. Add the noodles to the soup and cook for about 10 to 15 minutes, or until the noodles are soft.
5. While the noodles cook, shred the chicken meat with a fork removing the chicken's skin and bones.
6. Add the shredded chicken to the soup and give it a good stir.
7. Add the lemon juice and parsley after that and remove the bay leaves.