

Classic Chicken Soup

This comforting one-pot dish is easy to prepare and perfect for those cold winter evenings!

Makes: 6 servings
 Prep Time: 10 minutes
 Cook time: 20 minutes

Source: Adapted from Tasty

Ingredients

- 2 tablespoons oil
- 1 large onion, chopped
- 3 large carrots, sliced or diced
- 4 stalks celery, chopped
- 3 cloves garlic, chopped
- 2 cups frozen broccoli
- 8 cups low sodium chicken broth
- 8 ounces egg noodles
- 3 cups shredded rotisserie chicken
- salt, to taste
- black pepper, to taste

Directions

1. Heat oil in a large soup pot over medium heat. Add the onion, carrots, and celery and cook until vegetables are softened, about 10 minutes.
2. Stir in the garlic and cook for 1 minute until fragrant. Add the stock and bring to a boil.
3. Add the frozen broccoli and noodles and reduce to low heat. Simmer soup until noodles are al dente.
4. Shred rotisserie chicken and stir into the soup. Continue cooking for 2 more minutes, until chicken is warmed through.
5. Season to taste with salt and pepper. Ladle soup into bowls and enjoy!



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 cups	
Nutrients	Amount
Calories:	299
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	73 mg
Sodium:	651 mg
Total Carbohydrates:	18 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	36 g

Utensils Needed

- Cutting board
- Sharp knife
- Large soup pot

SHOPPING LIST

Average total cost without oil and seasonings: \$9.06

Average cost/serving: \$1.13

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Carrots, 1 bunch



Add 1 to Cart
Frozen Broccoli



Add 1 to Cart
1 Large Onion



Add 1 to Cart
Reduced Sodium Chicken
or Vegetable Broth, 32 ounces



Add 1 to Cart
Fresh Celery, 1 bunch



Add 1 to Cart
Egg Noodles, 1 package



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Rotisserie Chicken

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- If you are making it to eat through out the week, cook noodles in a separate pot. Keeping the noodles and soup separate when storing in the fridge; so that the noodles do not soak up all the liquid from the soup.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Chicken, Broccoli & Pasta Bake
 - Herb Roasted Chicken with Vegetables
 - White Chicken Chili