

Hearty Chicken and Homemade Noodle Soup

This comforting soup is the perfect recipe to try in the Fall. Try sauteing the chicken with onions and garlic for extra flavor. The recipe can be doubled and frozen for another meal later!

Makes: 10 Servings

Source: foodhero.org, recipe/ hearty chicken and homemade noodle soup

Ingredients

Noodles:

- 1 ¼ cups flour
- 2 eggs
- 3 Tablespoons water

Soup

- 3 cups water
- 4 ½ cups low-sodium chicken broth (see notes)
- 2 chicken breasts, cooked and chopped
- 2 cups mixed vegetables, fresh, canned, or frozen
- ¼ teaspoon pepper

Utensils Needed

- Knife
- Cutting Board
- Mixing Bowl
- Measuring Cups
- Large Pot
- Spoon
- Rolling Pin (or sturdy, straight-sided drinking glass/jar)



Small Changes,
BIG Difference!



Directions

For noodles:

1. Put flour in a medium bowl, make a well in center, and add eggs. Mix well. Add water 1 tablespoon at a time, until dough is stiff but easy to roll.
2. Place dough onto a floured surface. Roll dough to ½ inch thickness using a rolling pin or a sturdy, straight sided drinking glass or jar.
3. Cut into ¼ to ½ inch strips, about 3-5 inches long. Let sit for 5-10 minutes.

For soup:

1. In a large pot, add water and chicken broth; bring to a boil.
2. Add noodles a few at a time to water and chicken broth mixture. Bring the soup back to a boil.
3. Add chicken, vegetables, and pepper. Boil for 12-15 minutes or until noodles are tender. Serve warm.
4. Refrigerate or freeze within 2 hours.

SHOPPING LIST

Average total cost without oil and seasonings: \$14.15

Average cost/serving: \$1.42

Makes: 10 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
All Purpose Flour



Add 2 to Cart
Fresh Chicken Breasts



Add 1 to Cart
1 Dozen Large Eggs



Add 1 to Cart
Mixed Vegetables Frozen (24oz)



Add 1 to Cart
Chicken Broth (Low Sodium) 32 oz

SAVE TIME, SAVE MONEY

Chef's Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try whole wheat flour to include whole grains.

My Cooking Notes

Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	120
Total Fat:	2.5 g
Saturated Fat:	.5 g
Cholesterol:	50 mg
Sodium:	90 mg
Total Carbohydrates:	15 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	11 g