RECIPE

Chicken Noodle Soup

A clear, savory chicken soup with carrots, celery and whole-wheat noodles, for a cold-weather dinner or a sick day.

MAKES

8 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 2 bone-in chicken breasts, skin pulled off (about 2½ lb with bone; about 700 g meat)
- [ ] 1 tbsp olive oil
- [ ] 1 large onion, chopped (about 1½ cups, 200 g)
- [ ] 3 celery ribs, sliced (about 1½ cups, 150 g)
- [ ] 3 carrots, sliced (about 1½ cups, 190 g)
- [ ] 3 garlic cloves, minced
- [ ] 8 cups low-sodium chicken broth
- [ ] 4 cups water
- [ ] 2 bay leaves
- [ ] 1 tsp dried thyme
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper

Method

1. Heat the oil in a large soup pot over medium heat. Cook the onion, celery and carrots for 6 minutes, until the onion is soft. Stir in the garlic for 1 minute.
2. Add the broth, water, bay leaves, thyme, salt and pepper. Lay the chicken breasts in the pot. Bring to a boil, then turn it down to a gentle simmer and cover.
3. Simmer 35 to 40 minutes, until the thickest part of the chicken reads 165 °F. At 5,300 ft simmering takes about a quarter longer than the 25 to 30 minutes it takes at sea level.
4. Lift the chicken to a board. Pull out the bay leaves. Once the chicken has cooled a bit, take the meat off the bones, shred it, and put the meat back in the pot. Throw away the bones.

- [ ] 8 oz whole-wheat noodles or spaghetti broken in thirds (227 g dry)
- [ ] 2 tbsp chopped fresh parsley

5. Boil the whole-wheat noodles in a separate pot of salted water. Cook them for 1 to 2 minutes longer than the package says, since water boils cooler here, until tender with a little bite, and drain.

6. Stir the parsley into the soup. Put noodles in each bowl and ladle the hot soup over them.

7. Cool leftover soup in shallow containers, no more than 2 hours, then refrigerate or freeze. Keep the noodles in their own container. Reheat soup to a boil, then pour it over the noodles.