

Quick Chicken Noodle Soup

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	6 servings
Calories	309
Total Fat	6 g
Sat Fat	1 g
Sodium	535 mg
Added Sugar	0 g
Vitamin A	87% DV
Vitamin C	13% DV
Vitamin K	44% DV
Potassium	14% DV
Iron	11% DV
*Nutrition facts are for 1 serving	

Ingredients Needed:

- 2 cups water
- 32-ounce carton fat-free, lower-sodium chicken broth
- 1 Tbs. olive oil
- 1 cup onion
- 1 cup celery
- 7 medium carrots
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 6 ounces pasta
- 2 1/2 cups shredded, skinless chicken breast
- 2 Tbs. parsley

Recipe Directions:

- Combine 2 cups water and chicken broth in a microwave-safe dish, and microwave at HIGH 5 minutes.
- While broth mixture heats, heat a large saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add onion, celery, carrot, salt, and pepper; sauté 3 minutes or until almost tender.
- Add hot broth mixture and pasta; bring to a boil.
- Cook 7 minutes or until pasta is firm but not soft. Stir in chicken; cook 1 minute or until thoroughly heated. Stir in parsley.