

Homemade Chicken Noodle Soup

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Ingredients Needed:

- 1 1/2 tablespoons canola oil
- 1 1/2 cups carrots, thinly sliced
- 1 cup onion, finely chopped
- 2/3 cup celery, thinly sliced
- 2 cups water
- 1 (32-ounce) container unsalted chicken stock
- 1 teaspoon dried thyme
- 6 ounces whole-grain rotini (about 2 cups)
- 12 ounces skinless, boneless rotisserie chicken breast and thigh, shredded
- 1/4 teaspoon black pepper

Recipe Directions:

- Heat a large saucepan over medium-high heat
- Add oil to pan; swirl to coat
- Add carrot, onion and celery and sauté 5 minutes
- Pour water and stock into a bowl and microwave for 5 minutes. (This saves up to 10 minutes in the pot.)
- Add stock mixture to pan and bring to a boil
- Stir in thyme and pasta and reduce heat to medium, cook 8 minutes
- Add chicken and pepper to pan; cook 2 minutes or until thoroughly heated and pasta is tender

<u>Nutrition Facts:</u>	
Yield	Yields 6 Servings for \$10.79
Calories	273
Total Fat	8.1 g
Sat Fat	1.2 g
Sodium	618 mg
Fiber	4 g
Calcium	56 mg
Iron	2 mg
Sugars	1 g

