

Simple Chicken Noodle Soup

8+ servings 30 minutes

Ingredients

- 1 Tbsp olive oil
- 1 small onion, diced
- 2-3 stalks celery, diced
- 2-3 medium carrots, diced
- 1.5 lb. boneless skinless chicken thighs
- 1 tsp. celery seed
- 1 tsp. dried thyme
- salt & pepper to taste
- 6+ cups chicken broth
- 24 oz. egg noodles

Directions

1. Over medium high heat saute onion, celery and carrots in olive oil, in a dutch oven or stock pot.
2. Add 1.5 lb. boneless skinless chicken and one teaspoon each celery seed and dried thyme.
3. Generously season with salt & pepper.
4. Cover with 6+ cups chicken broth (*you may want to use more broth - it just depends on how "soupy" you want your soup to be*).
5. Boil until chicken is cooked through (around 15 minutes).
6. Roughly pull apart and chunk cooked chicken with 2 forks.
7. Continue to simmer and stir in 24 ounces noodles (we love frozen *Reames b*ut you can also substitute dried egg noodles of your choice).
8. Cook until noodles begin to soften and are al dente.
9. Serve immediately.

Freezer Meal Instructions

- For best results, follow the recipe as is, but omit the noodles.
- When ready to eat, thaw soup overnight in refrigerator, use a cold water bath, or use the defrost setting of your microwave.
- Reheat on stovetop. Bring soup to a boil. Add noodles and cook until al dente.

perfect for sick days!