

# Chicken Noodle Soup



YIELD **8** SERVINGS

Serving Size: 1 1/4 cups

## NUTRITION FACTS PER SERVING

Calories:	258	Saturated Fat:	4 g
Carbs:	24 g	Protein:	23 g
Fiber:	4 g	Sodium:	730 mg
Fat:	9 g	Potassium:	422 mg

## INGREDIENTS

- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 2 cups chopped yellow onion (from 1 large onion)
- 1 cup chopped carrots (from 2 medium carrots)
- 1 cup chopped celery (from 2 large stalks)
- 1 3/4 teaspoons kosher salt
- 3 tablespoons all-purpose flour
- 4 cups unsalted chicken stock
- 2 cups whole milk
- 4 ounces uncooked whole-wheat egg noodles
- 3 cups coarsely chopped rotisserie chicken breast (from 2 rotisserie chickens)
- 1 cup frozen green peas

## DIRECTIONS

1. Melt 2 tablespoons butter with 1 tablespoon olive oil in a large Dutch oven over medium-high heat.
2. Add 2 cups onion, 1 cup carrots, 1 cup celery and 1 3/4 teaspoons salt and cook, stirring often, until vegetables are slightly softened, 6 to 8 minutes.
3. Add 3 tablespoons flour and stir to coat.
4. Stir in 4 cups stock and 2 cups milk and let the mixture come to a boil.
5. Add 4 ounces uncooked noodles to the boiling mixture.
6. Cover and cook until noodles are al dente, about 8 minutes.
7. Stir in 3 cups chicken and 1 cup peas and cook until pasta reaches desired doneness and chicken and peas are warmed through, about 1 to 2 more minutes. Serve immediately.



Jefferson County  
Health Center