



## Chicken Noodle Soup

6 servings (~2 cups/serving)

Total time: 1 hour

### Ingredients

- 1 tbsp olive oil
- 1 large yellow/white onion, diced
- 3 stalks celery, finely chopped
- 3 medium carrots, finely chopped
- 4 cloves garlic, minced
- 1-2 tbsp freshly minced ginger
- 1 tsp dried thyme
- 1/4 tsp each sea salt and black pepper (plus more to taste)
- 8 cups chicken broth or stock
- 1 lb. boneless, skinless chicken thighs or breasts OR 1 lb. cooked chicken
- 8 oz. pasta of choice

### Instructions

1. Bring a large pot of water to a boil. Cook the pasta according to package instructions until al dente. Then drain, toss in a little olive oil to prevent sticking (optional) and set aside.
2. While the pasta is cooking, chop the veggies.
3. Heat the large pot over medium heat. Add the olive oil, onion, celery, carrots, garlic and ginger. Sauté for 5 to 7 minutes, stirring occasionally, until softened.
4. Stir in the thyme, salt and pepper and cook for 1 minute.
5. Add the chicken broth, raw chicken thighs or breasts. Bring the soup to a gentle simmer, then reduce the heat to low, cover and cook for 5 to 8 minutes or until the chicken is cooked through. Cooking time will depend on the size of the chicken thighs or breasts and how quickly the broth comes to a simmer.
6. When the chicken is cooked, remove it from the pot and shred or dice into bite-sized pieces. Return the chicken to the soup and cook for 1 to 2 minutes longer. If using precooked chicken, add it at this time. Season with additional salt and pepper to taste.
7. Leftovers will keep in the refrigerator for 3 to 4 days or in the freezer up to 1 month