

Hearty Chicken Noodle Soup

Servings: 12

12 fresh baby carrots, cut into 1/2-inch pieces
4 ribs celery, cut into 1/2-inch pieces
3/4 cup onion, finely chopped
1 tablespoon fresh parsley, minced
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
1 1/2 teaspoons mustard seed
2 cloves garlic, peeled and halved
1 1/4 pounds boneless/ skinless chicken breasts
1 1/4 pounds boneless/ skinless chicken thighs
4 cans (14 1/2 oz) chicken broth
1 package (9 oz) refrigerated linguine

In a 5-quart slow cooker, combine the carrots, celery, onion, parsley, pepper and cayenne. Place mustard seed and garlic on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string to form a bag. Place bag in slow cooker.

Add chicken and broth. Cover and cook on LOW for 5 to 6 hours or until chicken juices run clear.

Discard spice bag. Remove chicken; cool slightly.

Stir linguine into soup; cover and cook for 30 minutes or until tender.

Cut chicken into pieces and return to soup; heat through.

Yield: 3 quarts

Per Serving (excluding unknown items): 26 Calories; 1g Fat (23.6% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.