

Hearty Chicken Noodle Soup II

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Servings: 6

BROTH

8 large (about 3 pounds) bone-in, skinless chicken thighs
2 large onions, peeled and cut into wedges
2 carrots, cut into one-inch pieces
2 ribs celery, cut into one-inch pieces
4 cloves garlic, smashed
2 bay leaves
15 whole peppercorns
2 sprigs fresh thyme
12 cups water

SOUP

2 carrots, peeled and sliced
2 ribs celery, sliced
2 small chicken bouillon cubes
1/2 teaspoon salt
4 ounces broad egg noodles
1/4 cup parsley, chopped

Preparation Time: 30 minutes

Cook Time: 1 hour 28 minutes

BROTH: In a large pot, combine the chicken, onions, carrot, celery, garlic, bay leaves, peppercorn, thyme and water.

Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes. Remove the chicken thighs to a cutting board and shred the meat from the bones. Reserve the meat and add the bones back to the pot. Continue to simmer, covered, for 60 minutes. Strain the broth into a second large pot. Discard the bones and other solids.

SOUP: Skim the broth and bring to a boil. Add the carrots, celery, bouillon cubes and salt. Stir in the noodles and cook about 7 minutes or until the noodles and vegetables are tender. Stir in the parsley and reserved chicken. Cook for 1 minute to heat the chicken.

Per Serving (excluding unknown items): 119 Calories; 1g Fat (8.7% calories from fat); 4g Protein; 24g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 487mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	119	Vitamin B6 (mg):	.2mg
% Calories from Fat:	8.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	77.5%	Thiamin B1 (mg):	.3mg

% Calories from Protein: 13.8%
 Total Fat (g): 1g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 18mg
 Carbohydrate (g): 24g
 Dietary Fiber (g): 3g
 Protein (g): 4g
 Sodium (mg): 487mg
 Potassium (mg): 363mg
 Calcium (mg): 59mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 13701IU
 Vitamin A (r.e.): 1373RE

Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 69mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0%

Food Exchanges

Grain (Starch): 1
 Lean Meat: 0
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 119 Calories from Fat: 10

% Daily Values*

Total Fat 1g 2%
 Saturated Fat trace 1%
Cholesterol 18mg 6%
Sodium 487mg 20%
Total Carbohydrates 24g 8%
 Dietary Fiber 3g 13%
Protein 4g

Vitamin A 274%
Vitamin C 22%
Calcium 6%
Iron 9%

* Percent Daily Values are based on a 2000 calorie diet.