
Nunni`s Chicken Soup

Rose Bellante

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3 pounds chicken wings
4 chicken breast halves
8 cups water
3 medium onions, quartered
3 stalks celery, cleaned and cut crosswise
coarse salt (to taste)
1 bag peeled baby carrots
8 ounces small pasta, such as lumahine

In a large stock pot, bring the chicken wings, breasts, water, onions, celery and salt to a boil. Reduce the heat to medium and continue cooking for one hour. Remove the breasts and set aside. Strain the broth into another pot. Discard the wings, celery and onions. Pour the broth back into the stock pot.

Dice the chicken breasts into small pieces. Add to the broth. Add the carrots.

Partially cover and simmer for 40 minutes. Do not overcook the carrots.

Cook the pasta according to package directions.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2775 Calories; 172g Fat (56.8% calories from fat); 260g Protein; 33g Carbohydrate; 8g Dietary Fiber; 938mg Cholesterol; 1073mg Sodium. Exchanges: 36 1/2 Lean Meat; 5 1/2 Vegetable; 11 1/2 Fat.