

# The Ultimate Chicken Noodle Soup

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**Servings: 10****Yield: 3 1/2 quarts**

*2 1/2 pounds bone-in, skin-on chicken thighs*  
*1 1/4 teaspoons pepper, divided*  
*1/2 teaspoon salt*  
*1 tablespoon canola oil*  
*1 large (about two cups) onion, chopped*  
*1 clove garlic, minced*  
*10 cups chicken broth*  
*4 ribs (about two cups) celery, chopped*  
*4 medium (about two cups) carrots, chopped*  
*2 bay leaves*  
*1 teaspoon fresh thyme (or 1/4 teaspoon dried thyme), minced*  
*3 cups (about eight ounces) uncooked Kluski or other egg noodles*  
*1 tablespoon fresh parsley, chopped*  
*1 tablespoon lemon juice*

**Preparation Time: 15 minutes****Bake: 45 minutes**

Pat the chicken dry with paper towels. Sprinkle with 1/2 teaspoon pepper and 1/2 teaspoon salt.

In a six-quart stockpot, heat the oil over medium-high heat. Add the chicken in batches, skin side down. Cook for 3 to 4 minutes or until dark golden brown. Remove the chicken from the pan. Remove and discard the skin. Discard the drippings, reserving two tablespoons.

Add the onion to the drippings. Cook and stir over medium-high heat for 4 to 5 minutes or until tender. Add the minced garlic. Cook for 1 minute longer. Add the broth, stirring to loosen the browned bits from the pan. Bring to a boil. Return the chicken to the pan. Add the celery, carrots, bay leaves and thyme. Reduce the heat. Simmer, covered, for 25 to 30 minutes or until the chicken is tender.

Transfer the chicken to a plate. Remove the stockpot from the heat. Add the noodles. Let stand, covered, for 20 minutes or until the noodles are just tender.

Meanwhile, when the chicken is cool enough to handle, remove the meat from the bones. Discard the bones. Shred the meat into bite-size pieces. Return the meat to the stockpot. Stir in the parsley, lemon juice and remaining 3/4 teaspoon of pepper.

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Per Serving (excluding unknown items): 71 Calories; 3g Fat (36.1% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 895mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	71	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	36.1%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	33.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	30.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	16mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	4mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	6g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	5g		
<b>Sodium (mg):</b>	895mg		
<b>Potassium (mg):</b>	371mg		
<b>Calcium (mg):</b>	29mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	6mg		
<b>Vitamin A (i.u.):</b>	8144IU		
<b>Vitamin A (r.e.):</b>	814RE		

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 71 **Calories from Fat:** 26

### % Daily Values\*

<b>Total Fat</b> 3g	4%
Saturated Fat trace	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 895mg	37%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 1g	6%
<b>Protein</b> 5g	
<b>Vitamin A</b>	163%
<b>Vitamin C</b>	10%
<b>Calcium</b>	3%
<b>Iron</b>	5%

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