

Chicken Noodle Soup

Featured in:
Eat Smart Play Hard Magazine 2009

Ingredients:

- 1 large onion, sliced
- 2 celery stalks, sliced
- 2 tsp. salt
- ¼ tsp. thyme
- 10 oz. frozen peas
- 5 c. water
- 2 carrots, sliced
- 4 oz. mushrooms (canned or fresh)
- ½ tsp. pepper
- 1 Tbsp. parsley flakes
- 6 oz. chicken breast, cubed
- 3 c. noodles

www.ag.ndsu.edu/eatsmart/magazine/07recipes.pdf

Directions:

- Combine all ingredients except noodles in a slow cooker. Cover; cook on low for eight hours or on high for four hours. Stir in noodles. Increase heat to high and cook for one to 1½ hours.

Makes eight servings. Per Serving: 130 calories, 20 grams (g) of carbohydrate, 1 g of fat, 3 g of fiber and 770 milligrams of sodium.

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SERVICE