



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Chicken Noodle Soup\*

- 1 ½ - 2 pounds meaty chicken pieces
- 8 cups water\*
- 2 tablespoons instant chicken bouillon\*
- 1 teaspoon dried basil
- 1 bay leaf
- 4 large carrots, diced
- 2 cups celery, diced
- 2 cups onion, chopped
- ½ package (11 ounces) egg noodles
- salt and pepper to taste

\*Chicken broth can be substituted for water and chicken bouillon.

1. In a large soup pot, stir together water, chicken pieces, bouillon, basil, and bay leaf. Bring to boil; reduce heat and simmer, covered, for 20 to 30 minutes or until chicken is done.
2. Carefully remove chicken from broth. Set the chicken aside to cool slightly
3. Add carrots, celery, and onions to broth. Return to a boil.
4. Add noodles, stirring to separate them. Reduce heat and simmer, uncovered for 20 minutes.
5. Meanwhile, remove skin and bones from chicken; cut into bite-sized pieces. Return the chicken to broth. Simmer 5 to 10 minutes more, or until noodles are tender.
6. Remove bay leaf and discard. Salt and pepper to taste. Makes 8 servings.

### Nutrition Facts

Serving Size: 2 cups (465g)

Servings: 8

Amount Per Serving

Calories 310      Calories from Fat 60

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 1.5g      **9%**

Trans Fat 0g

**Cholesterol** 105mg      **35%**

**Sodium** 700mg      **29%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 3g      **13%**

Sugars 4g

**Protein** 23g

Vitamin A 90%      ■      Vitamin C 10%

Calcium 6%      ■      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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