

CHICKEN NOODLE SOUP

Servings: ~6

Total Time: 40 minutes

INGREDIENTS:

- 1 Tbsp. butter
- 1 large yellow onion
- 6 Carrots
- 4 Celery ribs
- 1 Tbsp. fresh thyme, or 1 tsp. dried thyme
- 5 cloves garlic
- Sea Salt + fresh pepper
- 8 cups chicken broth
- ½ cup peas, optional
- 2-3 cups shredded chicken, light and/or dark meat
- 1 cup egg noodles

garnish: fresh parsley, cilantro, lemon juice and/or Parmesan cheese

DIRECTIONS:

Heat butter over medium heat in large pot with lid.

Meanwhile, dice onion and add to pot once butter is heated. Let onion caramelize, ~5 minutes.

Meanwhile, prepare carrots using either a diagonal, more rustic cut or a finer dice. Add carrots to the pot with the onion. While onion and carrots cook, add S+P and thyme, and 1 cup water (so veggies can steam-cook), and replace lid.

Chop celery, adding to pot. Stir and replace lid and allow veggies to cook through 5-10 minutes.

Peel and mince the garlic, add to pot.

Meanwhile, heat 8 cups chicken broth in a side saucepot.

Once veggies are cooked and broth is heated, combine in large pot, adding chicken and peas. Let it all come to a simmer over low heat for an additional 10 minutes.

Add egg noodles and cook until al dente.

Garnish with fresh parsley, cilantro, lemon juice and/or Parmesan cheese. Serve with salad or rustic sourdough bread.

