

Quick Chicken Noodle Soup

EASY | RECIPE

Ingredients:

- 6 cups **water**, divided
- 1 **leek**, thinly sliced in rounds
- 1 clove **garlic**, minced
- 1 tsp **salt**
- 1 tsp dried **dill**
- 2 **carrots**, sliced
- 2 **celery stalks**, diced
- 1 cup **broccoli florets**
- 1 cup **kale**, chopped
- 1 **yellow pepper**, diced
- 1 **red pepper**, diced
- ¾ cup **whole-grain fusilli noodles**
- 2 cups **cooked chicken**, diced

Method:

1. Add 1 cup of water to a large stockpot set over high heat.
2. Add leek, garlic, salt and dill.
3. Simmer for 5 minutes.
4. Add remaining water and bring to a boil.
5. Add carrots, celery, broccoli, kale, peppers and noodles.
6. Cook 10 minutes, or until noodles begin to soften.
7. Add chicken, cook 2 minutes and serve in large soup bowls.



Makes 4 servings. Per serving (about 2 cups):

232 calories | 21g protein | 3g total fat | 1g saturated fat | 1g mono fat | 1g poly fat |
39mg cholesterol | 34g carbohydrate | 3g sugar | 8g fiber | 605mg sodium

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