

Chicken Noodle Soup

Alberta Health Services suggests using onion, herbs and spices instead of salt to flavour food. This recipe uses turmeric, parsley, thyme and pepper to make a wonderful blend of flavours in the soup.



Ingredients:

| | | |
|----------|---|----------|
| 2 legs | Chicken legs, bone in | 2 legs |
| 4 Tbsp | Canola oil | 60 mL |
| ½ cup | Onion, minced | 125 mL |
| ½ cup | Celery, diced | 125 mL |
| 6 cups | Water | 1.5 L |
| 4 medium | Carrot, diced | 4 medium |
| 2 medium | Potato, peeled and diced | 2 medium |
| 2 cups | Green beans, fresh or frozen, chopped | 500 mL |
| 2 cups | Whole grain spaghetti noodles, broken into small pieces | 500 mL |
| 1 tsp | Turmeric | 5 mL |
| 2 Tbsp | Parsley, dried, | 30 mL |
| 1 tsp | Thyme, dried | 5 mL |
| ¼ tsp | Pepper | 1 mL |

Directions:

1. In a medium stock pot, heat oil. Add chicken pieces and cook on medium heat until light brown. Add onion and cook until soft.
2. Add water, bring to a boil. Add turmeric, celery, carrots, potatoes and green beans; cover and bring to a boil.
3. Cook until vegetables are slightly soft, but still firm.
4. If needed, add more water and bring to a boil again. Add noodles and seasoning, bring soup to boil again and cook until noodles are soft (8 to 10 minutes).
5. Remove chicken pieces from soup, cool, remove bones from chicken pieces, and cut meat into small chunks. Discard the bones and return meat pieces to the pot. Adjust seasoning if needed.
6. Serve hot with whole grain dinner rolls.

Makes 8 servings (375 mL / 1 ½ cups / 385 g)

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Nutrition Facts

Per 1/8 of recipe (375 mL / 1 ½ cup / 385 g)

| Amount | % Daily Value |
|------------------------------|---------------|
| Calories 240 | |
| Fat 9 g | 14 % |
| Saturated 1 g + Trans 0 g | 5 % |
| Cholesterol 15 mg | |
| Sodium 50 mg | 2 % |
| Carbohydrate 33 g | 11 % |
| Fibre 5 g | 20 % |
| Sugars 3 g | |
| Protein 9 g | |
| Vitamin A | 40 % |
| Vitamin C | 20 % |
| Calcium | 4 % |
| Iron | 15 % |

| Nutrient Claim | Amount per serving |
|----------------------|--------------------|
| High in fibre | 5 g |
| Low in saturated fat | 1 g |
| Low in sodium | 50 mg |
| High in potassium | 396 mg |
| High in magnesium | 47 mg |
| Source of folate | 20 mcg |
| High in iron | 2.1 mg |

| Food Group | Food Guide servings per recipe serving |
|-----------------------|--|
| Vegetables and Fruit | 1 ½ |
| Grain Products | ½ |
| Milk and Alternatives | 0 |
| Meat and Alternatives | ¼ |

This is a Choose Sometimes recipe (Mixed Dish – Soup, meal-style) according to the Alberta Nutrition Guidelines.