

Easy Chicken Noodle Soup

Ingredients:

Protein & Veggies

- 1 lb cooked chicken, shredded or diced
- (Rotisserie chicken works great!)
- 2 medium carrots, sliced
- 2 celery stalks, sliced
- 1 small onion, diced
- 3 garlic cloves, minced

Broth & Seasoning

- 8 cups (2 quarts) chicken broth
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp turmeric (optional — adds color & warmth)
- Salt & black pepper, to taste

Pasta

- 2 cups wide egg noodles
- (Or any pasta you prefer — rotini, bowtie, even spaghetti broken into pieces.)

Finish

- 1–2 tbsp fresh lemon juice (optional but brightens flavor)
- Fresh parsley for garnish (optional)

Instructions:

1. Sauté the veggies

In a large pot or Dutch oven, heat 1 tablespoon of olive oil over medium heat.

Add onions, carrots, and celery.

Cook for 5–7 minutes, stirring occasionally, until the vegetables begin to soften.

2. Add garlic & spices

Add the minced garlic, thyme, parsley, garlic powder, turmeric, salt, and pepper.

Stir for 1 minute until fragrant.

3. Add broth & bring to a simmer

Pour in the chicken broth and bring the pot to a gentle boil.

4. Add noodles & cook

Stir in the egg noodles and cook according to package instructions — usually 7–8 minutes — until tender.

5. Add chicken

Stir in the cooked shredded chicken and reduce heat to low.

Simmer for 3–5 minutes until warmed through.

Taste and adjust seasoning.

6. Add optional lemon

Stir in 1–2 tablespoons of lemon juice for brightness.

This step lifts the flavor and makes the soup taste fresh.

7. Serve

Ladle into bowls, top with parsley if desired, and enjoy warm.

Tips & Variations

Make it healthier:

- Add 1–2 cups baby spinach or chopped kale during the last 2 minutes.
- Use low-sodium broth and add salt to taste.

Make it heartier:

- Add diced potatoes along with the broth (cook 10 extra minutes).
- Add an extra cup of noodles.

Make it creamier:

Stir in ½ cup heavy cream or evaporated milk after adding the chicken.

Save money:

- Use chicken thighs or rotisserie chicken.
- Swap fresh herbs for dried.
- Buy pasta in bulk.

Storage

- Refrigerator: 3–4 days
- Freezer: Freeze without noodles (they get mushy). Add cooked noodles when reheating.
- Reheat: Add a splash of broth to loosen if needed.