



***Recipe for-***

**Family Meals: Chicken Noodle Soup**

**Ingredients:**

12 cups homemade or low-fat, low-sodium chicken stock  
2 cups potatoes, peeled & chopped  
2 cups carrots, peeled & chopped  
2 cups celery, chopped  
1 cup onions, chopped  
4 garlic cloves, minced  
2 teaspoons poultry seasoning  
1 teaspoon salt  
1 teaspoon Italian seasoning  
¼ teaspoon ground black pepper  
2 cups cooked chicken, chopped  
¼ lb. whole-wheat linguine or thin spaghetti, broken into pieces

**Preparation steps:**

Place 12 cups chicken stock in large stockpot. Bring to a boil.

Chop potatoes, carrots, celery & onions and add to the pot. Add minced garlic, poultry seasoning, salt, Italian seasoning, & black pepper. Bring soup to a boil, then cover & simmer for 30 minutes.

Meanwhile, chop the cooked chicken, break pasta into pieces & set aside.

Bring the soup back to a boil, then add pasta & cook 5 minutes. Add cooked chicken.

Serve Chicken Noodle Soup to your family with a leafy green salad with tomatoes, broccoli & chopped red peppers, & multigrain bread.

Enjoy this hearty & healthy today, then store in the fridge or freeze for leftovers on a busy day.