

# Hearty chicken noodle soup

This version is sure to please as it's simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.



 Kid-friendly

 **PREP TIME**  
15 min

 **COOK TIME**  
20 min

 **SERVINGS**  
6

## Ingredients

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 2 L (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 mL (1 cup) whole grain egg noodles
- 250 mL (1 cup) frozen peas
- 60 mL (1/4 cup) grated Parmesan cheese
- 30 mL (2 tbsp) chopped fresh basil or parsley
- Hot pepper sauce (optional)

## Directions

1. Trim any visible fat from the chicken thighs and set aside.
2. In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.\* Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).
3. Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

## Tips

- ✓ **Time saver:** Double this recipe and freeze extra servings for another day.
- ✓ Portion the soup into **individual servings** for easy meals that are **ready to go**.
- ✓ If you don't have a large pot, just double the recipe by using **two smaller pots** instead.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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