



# Chicken Noodle Stew

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## Info:

Makes 4 Servings      310 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1 lb Chicken Breast
- ❖ 1 Bunch Celery
- ❖ 2 Medium Yellow Onions
- ❖ 1 lb Bag Carrots
- ❖ 4 oz Small Egg Noodles
- ❖ Dry Chicken Broth (about 12-14 tsp)
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper
- ❖ About 14 Cups Water

## Preparation:



1. Cut chicken into ¼" – ½" chunks
2. Bring water to a rolling boil in a large pot, add chicken and cook 5 min
3. Chop celery and onions and add to the pot with salt and pepper
4. Boil chicken and vegetables for 1 hour, covered
5. Remove carrot ends, slice into ¼" – ½" rounds and add
6. Add dry chicken broth, according to directions (usually about 1 tsp per cup of water you added)
7. Simmer until carrots are tender, 20-30 minutes
8. In a separate pot cook the egg noodles (to avoid starchy flavor in the soup), drain and add noodles to broth
9. Serve hot