

Chicken Noodle Soup



Skill Level: EASY

Ingredients

- 2 cups low-sodium chicken broth
- 1/2 cup water
- 1/2 cup diced carrots
- 1/4 cup diced onions
- 1 1/2 cup cooked chopped chicken
- 2 ounces uncooked egg noodles
- 1/4 tsp black pepper
- 1/4 tsp poultry seasoning

Directions

1. In a pot, combine all ingredients: chicken broth, water, diced carrots, diced onions, chopped chicken, uncooked egg noodles, black pepper, and poultry seasoning.
2. Cook all ingredients over high heat for 25 minutes.
3. In a bowl, add 8 ounce of soup & enjoy!



****Soups count toward your daily fluid intake****

Servings: 3

Serving Size: 8 ounces

Nutrition Facts / Per Serving:

Calories 172, Sodium 103 mg,
Carbohydrates 8 g, Protein 21 g,
Potassium 285 mg, Phosphorus 131 mg