

Here is a way to create a delicious chicken noodle soup that is comfort food as well as a filling one-pot meal.

Chicken Noodle Soup +

Ingredients:

- 1 tsp olive oil or canola oil
- 1/2 onion, chopped
- 2 stalks of celery chopped
- 3 carrots, sliced
- 1 tablespoon Italian seasoning
- 1 tsp thyme
- black pepper to taste
- 4 cups low-sodium broth (chicken or vegetable)
- 2 cups flat noodles
- 1 15-ounce can garbanzo beans, drained
- 1 cup diced cooked chicken

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add the oil, vegetables, and seasonings. Saute until the onions are translucent, about 3 minutes.
3. Add the broth, noodles, beans, and chicken.
4. Bring to a boil then lower to a simmer.
5. Cook for 10-12 minutes or until noodles are tender.
6. Adjust the amount of broth and seasonings to your taste.
7. Serve hot.

Serve hot with a salad and bread. You can also use white beans.



Serves 4. Each 2 cups per person serving: 339 calories, 7g fat, 1g saturated fat, 0g trans fat, 46mg cholesterol, 151mg sodium, 45g carbohydrate, 8g fiber, 7g sugars, 26g protein.