

Easy Chicken Noodle Soup

INGREDIENTS

Base Soup (Kid-Friendly)

- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 10 cups low-sodium chicken broth
- 4 celery ribs, finely chopped
- 4 medium carrots, finely chopped
- 3 cups uncooked egg noodles (about 8 oz)
- 4-5 cups shredded rotisserie or cooked chicken
- 1-1¼ teaspoons kosher salt, to taste

Optional Adult Garnishes (per bowl)

- Chopped fresh parsley
- Fresh thyme leaves or finely chopped rosemary
- Fresh cracked black pepper
- Lemon juice or lemon zest
- Grated parmesan cheese
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DIRECTIONS

1. Heat olive oil in a large stockpot over medium heat.
2. Add onion and cook 4-5 minutes, until soft and translucent.
3. Add garlic and cook 30 seconds, just until fragrant.
4. Add chicken broth, celery, carrots, and salt.
5. Bring to a boil, then reduce to a gentle simmer.
6. Simmer 15-20 minutes, until vegetables are tender.
7. Bring soup back to a full boil.
8. Add egg noodles and cook 8-10 minutes, stirring occasionally, until just tender.
9. Stir in shredded chicken and simmer 2-3 minutes, just until heated through.
10. Taste and adjust salt if needed.

Customize per bowl

- Serve kids' bowls as-is.
- Finish adult bowls with desired garnishes (herbs, lemon, pepper, parmesan).