



## Homestyle Chicken Noodle Soup

Recipe courtesy of The American Heart Association



**Servings:** 6

**Serving Size:** 2 cups

### Ingredients

- 2 teaspoons olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of celery, leaves discarded, thinly sliced
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 ½ pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces
- 3 cups water
- 3 tablespoons fresh Italian (flat-leaf) parsley, minced.
- ½ teaspoon dried thyme (crumbled)
- ¼ teaspoon salt
- ¼ teaspoon black pepper (coarsely ground preferred)
- 6 ounces dried no-yolk noodles

### Nutrition Facts | 282 Calories Per Serving

Total Fat . . . . .	5.0 g
Saturated Fat . . . . .	1.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	0.5 g
Monounsaturated Fat . . . . .	2.0 g
Cholesterol . . . . .	73 mg
Sodium . . . . .	324 mg
Total Carbohydrate . . . . .	27 g
Dietary Fiber . . . . .	3 g
Sugars . . . . .	4 g
Protein . . . . .	30 g

### Dietary Exchanges

1 ½ starch, 1 vegetable, 3 lean meat

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### Directions

- 1 Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
- 2 Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
- 3 Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles.
- 4 Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

[optimumwellnesscenters.com](http://optimumwellnesscenters.com) (239) 321- 6104

#### Lehigh Acres

2724 5th St. W.  
Suite A  
Lehigh Acres, FL 33971

#### Fort Myers

3820 Colonial Blvd  
Suite 201  
Fort Myers, FL 33966

#### LaBelle

700 S. Main St.  
LaBelle, FL 33935