



Nourish Your Body & Soul

SLOW COOKER CHICKEN NOODLE SOUP

INGREDIENTS

- 6 baby carrots, or 2 medium carrots
- 1 celery rib
- 1/2 medium onion
- table salt & ground black pepper
- 1/2 lb bone-in, skin-on chicken breast
- 3/4 lb bone-in, skin-on chicken thighs
- 1/2 tbsp vegetable oil
- 1 large or 2 small garlic cloves
- 10 sprigs fresh parsley
- 1/2 tbsp tomato paste
- 1/4 tsp Italian seasoning or thyme
- dash of red pepper flakes
- 4 cups chicken broth
- 1 bay leaf
- 1 cup dried egg noodles
- 1/4 cup frozen peas

TOOLS

- cutting board
- paring knife & chopping knife
- aluminum foil
- paper towels
- small (1.5 qt) slow cooker
- wooden spoon
- 10- or 12-inch frying pan
- plate
- tongs
- 2 forks
- large pot
- colander

PREP IT

1. Peel the carrots (if needed) and slice; chop the celery, and mince the onion.
2. Cut a piece of aluminum foil about twice as big as the chicken breast. Season the breast with salt & pepper and place in the middle. Fold the foil over the breast and pinch to seal.
3. Pat dry the chicken thighs with paper towels.

COOK IT (BEFORE)

1. Heat the oil in the frying pan over medium heat. Add the thighs and brown on both sides (about 8 minutes total).
2. Transfer the thighs to the plate. Let them cool slightly, then remove the skin and discard.
3. Add carrots, celery and onion to the pan and cook over medium heat until softened (about 10 minutes), stirring occasionally with the wooden spoon. Meanwhile, mince the garlic and parsley (separately).
4. Stir in garlic, tomato paste, Italian seasoning or thyme, and red pepper flakes. Saute for 30 seconds (until fragrant), then add 1/2 cup of the chicken broth and scrape the browned bits off the sides of the pan. Transfer to the slow cooker.
5. Stir the bay leaf and remaining broth into the slow cooker, then add the thighs and push down to cover with broth.
6. Place the foil packet on top. Cover and cook for 4-6 hours on low. (continued on pg 2)



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PREP TIME: 15 MINS

COOK TIME:

25 MINS BEFORE

4-6 HRS SLOW-COOKING

15 MINUTES AFTER

TOTAL TIME: 55 MINS

+ 4-6 HRS SLOW-COOKING

SERVES: 6

MAKE IT GLUTEN-FREE:

- substitute gluten-free pasta or rice noodles for egg noodles
- substitute zucchini noodles

COOK IT (AFTER)

7. Fill a large pot 3/4 full with water, cover, and put over high heat. Check occasionally to see if it's boiling.

8. Using tongs, remove the foil packet and open slightly to release steam (being careful not to burn yourself!). Remove the chicken breast and place on the cutting board to cool slightly.

9. Using tongs, remove the thighs and place them on the cutting board. Let them cool slightly, then shred all the chicken into bite-sized pieces using two forks. Discard skin and bones.

10. Add egg noodles and 1/2 tbsp salt to boiling water, and cook just until tender. Set colander in the sink and pour water & noodles into it.

11. Discard the bay leaf, then stir in the shredded chicken, noodles, and frozen peas. Let sit for a few minutes to heat, then stir in parsley and season to taste with salt & pepper.