



HEARTY CHICKEN NOODLE SOUP

INGREDIENTS

PREPARATION: 15 MINUTES

COOKING: 45 MINUTES

12 SERVINGS

- 1/4 cup olive oil
- 2 large chicken breasts, cubed (total of 1 lb)
- 1 cup yellow onion, diced
- 1 cup celery, diced
- 1/2 cup carrots, diced
- 1/2 cup red peppers, diced
- 3 cups cabbage, chopped
- 1 cup green peppers, diced
- 1 tablespoon garlic, minced
- 1 teaspoon ground coriander seeds
- 1 teaspoon dried thyme
- Freshly ground pepper to taste
- 1 bay leaf
- 3 cups chicken broth
(use a no-salt-added product)
- 4 cups water
- 2 tablespoons lemon juice
- 1 1/2 cups small pasta
(for example: small shells)
- 1/4 cup freshly chopped parsley

Nutrient Analysis

PER SERVING (1 cup)

Renal exchange:

1 Protein + 1 Starch + 1 Vegetable

Calories **160Kcal**

Protein **12g**

Carbohydrates **16g**

Fibre **2g**

Total Fat **6g**

Saturated Fat **1g**

Cholesterol **22mg**

Sodium **61mg**

Potassium **300mg**

Phosphorus **142mg**

SUGGESTION

Freeze in portions, reheat in the microwave and you can have a hearty meal in minutes!

PREPARATION

- 1** In a large 4 quart heavy bottomed pot, heat oil over medium-high heat for 1 minute and add chicken breast to brown lightly. Add all vegetables and spices and continue to cook for 8-10 minutes, stirring frequently.
- 2** Add broth, water and lemon juice to the vegetable-chicken mix. Cover, turn to high heat and bring to a boil (2 minutes). Reduce heat to minimum and let simmer 20 minutes.
- 3** Add pasta and finish simmering for 5 to 10 minutes depending on the size of the pasta.
- 4** Before serving, sprinkle fresh parsley on top and serve.