

MOT more of this
LOT less of that

Chicken Noodle Soup

Warming to the soul and the body!

Serves: 4

Total time: 60 minutes

Ingredients

- 2-1/2 pounds bone-in chicken thighs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 4-5 cups chicken broth (Kettle and Fire brand if possible)
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1/4 teaspoon dried thyme
- 1 cup Jovial gluten free pasta (optional)
- Shredded Parmesan or Pecorino Romano cheese for serving, if desired.

Directions

1. Pat chicken dry with paper towels; sprinkle with salt and pepper.
2. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes.
3. Remove chicken from pan; remove and discard skin. Discard drippings, reserving 2 tablespoons.
4. Add onion to drippings; cook over medium-high heat until tender, 4-5 min.
5. Add garlic; cook 1 minute longer.
6. Add broth, stir to loosen browned bits and bring to a boil. Return chicken to pan.
7. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.
8. Transfer chicken to a plate. Remove soup from heat.
9. Cook pasta according to package directions, if using.
10. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Season with salt and pepper, if desired. Discard bay leaves.
11. Serve with shredded Parmesan or shredded Pecorino Romano cheese.

Mary-Beth says: *"Chicken soup is incredibly delicious while packed with vitamins, minerals, and some scientific evidence as a cure for the common cold!"*