



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN NOODLE SOUP

2 tablespoons olive oil	1 teaspoon fresh thyme (or ½ teaspoon dry thyme)
1 cup carrots, peeled and sliced thin (about 1 ½ large carrots)	½ teaspoon dried oregano
1 cup celery, sliced thin (about 2 stalks)	1 teaspoon pepper, to taste
1 cup sweet Vidalia or yellow onion, peeled and diced small (about 1 medium onion)	12 ounces wide egg noodles (or your favorite noodles or pasta)
2 garlic cloves, minced	2 cups shredded cooked chicken
64 ounces (8 cups) low-sodium chicken broth, plus more if desired	3-4 tablespoons fresh flatleaf parsley, finely chopped
2 bay leaves	1 tablespoon lemon juice, optional
	Salt, to taste

1. To a large Dutch oven or stockpot, add the oil and heat over medium-high heat to warm.
2. Add the carrots, celery, onion and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently. Add the garlic and sauté for another 1 to 2 minutes.
3. Add the chicken broth, bay leaves, thyme, oregano, pepper and bring to boil. Allow mixture to boil gently for about 5 minutes or until vegetables are fork tender. (Note: If you like brothier soup, add additional broth, possibly as much as an additional 64 ounces because as time passes the noodles will continue to absorb broth.)
4. Add the egg noodles and boil mixture for about 10 minutes, or until noodles are soft and cooked through. (Note: At any time while making the soup, if the overall liquid level is lower than you like and you prefer more broth, adding a cup or two of water is okay. At the end, you will adjust the salt level.)
5. Add the chicken, parsley, optional lemon juice, and boil 1 to 2 minutes, or until chicken is warmed through. Taste soup and add salt to taste. Remove bay leaves and serve immediately.