

## Chicken Noodle Soup

This recipe makes eight 12oz servings

3/4 pound boneless, skinless chicken breast (app. 3 medium breasts) cut into 1/2 inch pieces  
2 medium celery stalks, sliced  
2 medium carrots, sliced  
1 medium onion, chopped  
2 cloves garlic, finely chopped  
4 (14.5 oz) cans *reduced sodium* chicken broth  
1 cup frozen peas  
1 teaspoon dried parsley  
1 teaspoon dried thyme  
1 bay leaf  
1 cup uncooked rotini (or favorite pasta)

1. Heat all ingredients except pasta in a large soup pot over high heat to boiling, stirring occasionally.
2. Stir in pasta and return to boil, stirring occasionally.
3. Reduce heat and cook uncovered for 10-15 minutes, stirring occasionally until pasta and vegetables are tender.
4. Remove from heat and discard bay leaf.

**Nutrition per serving:** Calories (157); Total Fat (1g); Saturated Fat (trace); Cholesterol (25mg); Sodium (490mg); Carbohydrates (16g); Protein (22g); Dietary Fiber (2g)