

## Chicken Noodle Soup

2 Tbsp. butter  
1 large onion, diced  
1.5 cups carrots, sliced  
1.5 cups celery, sliced  
2 cloves garlic, minced  
12 cups homemade or good quality chicken broth or stock  
1 bay leaf  
1/2 (heaping) tsp. ground marjoram  
1 tsp. thyme  
1 Tbsp. dried parsley  
4 cups cooked chicken, chopped or shredded (always prefer it roasted, myself)  
5 oz. (about 1.5 cups) uncooked egg noodles  
fresh ground pepper, to taste

In a large stockpot or dutch oven, melt butter over medium heat. Add onions and cook for about 3 minutes before adding the celery and carrots. Continue cooking a few more minutes before adding the garlic. Stir until fragrant.

Add the chicken, broth, bay leaf, marjoram, thyme, parsley and ground pepper to taste. Bring to a boil and then reduce. Simmer lightly for 30 minutes.

Add the noodles\* and simmer until cooked, about 8 minutes.

\*Note: The noodles will continue to absorb the liquid as leftover sit in the pot/fridge. If you want to prevent your soup from thickening and becoming too chunky, you can reduce the amount of broth slightly and cook the noodles in a separate pot, combining with the soup in your bowl as you are about to eat.

*Nutritional Information per serving (for 8 servings): Calories: 168 / Fat: 4.6g / Carbs: 17.7g / Fiber: 2g / Protein: 13.9*