

## Chicken Noodle Soup

(also pictured on page 182)

**Total time** 20 minutes

**Makes** 5 main-dish servings

- 1 pkg. chicken broth (32 oz.)
- 4 c. water
- 1 Tbsp. olive oil
- 1 sm. onion, chopped
- 2 stalks celery, thinly sliced
- 2 med. carrots, thinly sliced
- Pepper
- 1 lb. skinless, boneless chicken-breast halves
- 3 c. med. egg noodles, uncooked (6 oz.)
- 1 c. frozen peas, thawed

**1.** In covered 3-quart saucepan, heat broth and water over high heat.

**2.** Meanwhile, in 5- to 6-quart saucepot, heat oil over medium heat. Add onion and cook 5 minutes or until lightly browned, stirring occasionally. Add celery, carrots, hot broth mixture, and  $\frac{1}{8}$  teaspoon ground black pepper; cover saucepot and heat to boiling over high heat.

**3.** While vegetables are cooking, cut chicken into  $\frac{3}{4}$ -inch pieces.

**4.** Uncover saucepot and stir in noodles; cover and cook 3 minutes. Stir in peas and chicken; cover and heat to boiling, 3 to 4 minutes. Makes about 10 $\frac{1}{2}$  cups.

**EACH SERVING** About 305 calories, 30 g protein, 33 g carbohydrate, 6 g total fat (1 g saturated), 3 g fiber, 85 mg cholesterol, 615 mg sodium. →