



# Easy Crockpot Chicken Noodle Soup

---

Recipe Source: Adapted from [www.familyfreshmeals.com](http://www.familyfreshmeals.com)

Serves 8

## Ingredients:

1 ½ pounds boneless chicken breasts  
2 cups carrots, peeled and chopped  
1 medium yellow onion, diced  
3 stalks celery, chopped  
3-4 garlic cloves, minced or put through a press  
3 TBSP extra virgin olive oil  
½ tsp dried thyme  
1 bay leaf  
6 cups low-sodium chicken broth  
1 cup of water  
Salt and freshly ground pepper to taste  
2 cups uncooked wide, whole-wheat egg noodles  
3 TBSP chopped fresh parsley

## Steps:

- In a 6 quart crock pot add in the chicken breasts, carrots, onion, celery, garlic, olive oil, thyme and bay leaf.
- Next add in chicken broth, water, and season with salt and pepper.
- Cover and cook on low heat 6-7 hours.
- Remove chicken breasts and cut into bite sized pieces. Place back into crock pot. Add in egg noodles and parsley.
- Cover and cook just until noodles are tender, 5-10 minutes.

*Tips from the Test Kitchen: You can make your own chicken broth. You could also add other seasonings.*

**Nutritional Facts (per serving):** Calories: 230, Carbohydrates: 15 grams, Protein: 23 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 77 mg, Sodium: 776 mg, Fiber: 2 grams, Total Sugars: 3 grams.