



# Grandma's Chicken Noodle Soup

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Recipe Source: [www.allrecipes.com](http://www.allrecipes.com)

## Ingredients:

12 cups low-sodium chicken or vegetable broth  
1 tsp salt  
1 tsp poultry seasoning  
1 cup chopped celery  
1 cup chopped onion  
2 ½ cups whole wheat wide egg noodles  
3 cups diced, cooked chicken

## Steps:

- In a large saucepan or Dutch oven, combine broth, salt, and poultry seasoning. Bring to a boil. Stir in celery, onion. Reduce heat, cover, and simmer 8 minutes.
- Add noodles to saucepan, bring back to a simmer, and cook 7 more minutes until vegetables are tender and noodles are just cooked but not mushy.
- Stir in chicken and heat through.

*Tips from the Test Kitchen: You can use regular whole wheat pasta instead of egg noodles if you prefer, or whole wheat egg noodles.*

**Nutritional Facts (per serving):** Calories: 231, Carbohydrates: 19 grams, Protein: 28 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 85 mg, Sodium: 2323 mg, Fiber: 2 grams, Total Sugars: 3 grams.