



# Chicken Noodle Soup

## Ingredients

- 1 pound ground chicken
- 1 tsp parsley flakes
- 3 carrots, peeled and cut into 1/2 inch cubes
- 3 celery stalks, halved lengthwise and sliced
- 1 small onion, diced
- 4-6 cups low sodium chicken broth
- 2 cups uncooked egg noodles

## Directions

1. In a large pot, heat oil over medium-high heat. Add chicken, optional garlic, optional celery seeds, salt and pepper. Cook, breaking up with a wooden spoon, until crumbled into large chunks and cooked through. Transfer to a small bowl, leaving drippings.
2. Add carrot, celery and onion to the drippings. Season with salt and pepper and cook, stirring frequently for 3 minutes. Add broth and parsley. Bring to a boil and then reduce heat to medium.
3. Cook pasta according to package until al dente. Stir into broth. Add chicken and stir.
4. Top with favorite toppings and serve warm.