



ANA's Kitchen Corner

Chicken Noodle Soup

INGREDIENTS

- 1 tsp. extra-virgin olive oil
- 2 cloves garlic, minced
- 1 c. diced onion
- 2 carrots, diced
- 1 lb. boneless skinless chicken breast, cut into 1/2" pieces
- 2 celery stalks, diced
- Kosher salt
- Freshly ground black pepper
- 32 oz. low-sodium chicken stock or any chicken stock you like to use at home
- 1 c. egg noodles
- 1/4 c. chopped parsley

DIRECTIONS

1. In a large pot over medium heat, heat oil. Add onions, celery, and carrots and cook until softened, 6 minutes. Add garlic and thyme and cook until fragrant, 1 minute more.
2. Move vegetables to one side of the pot and add chicken. Season with salt and pepper and cook until no pink remains, 6 to 8 minutes. Add stock and 1/2 cup of water and bring to a boil.
3. Add noodles and cook according to package instructions. Season to taste with salt and pepper. Add parsley and serve immediately.

From: www.delish.com

Ana's Kitchen Tips & Tricks:

1. Chop herbs with salt. To prevent herbs from flying all over the place when chopping, sprinkle a bit of salt onto the cutting board. This will keep them in place.
2. Use a paper towel to preserve vegetables. It never feels good to throw away food you haven't touched, especially produce. Prolong the life of vegetables by wrapping them loosely in a dry paper towel and placing them in a re-sealable plastic bag. Oxygen is not a friend of veggies, so get as much air out of containers and bags before sealing. Also, avoid washing until you are ready to eat produce. And make sure to leave ample room in your refrigerator and produce drawer. Overstocking can cause less air to flow through the refrigerator, which can cause uneven temps with food expiring faster.