

# Chunky Chicken Noodle Soup

*"This soup is so creamy and full of vegetables that it's almost a stew, yet it has the rich flavor of the classic comfort-food soup."*

**8 servings**

## **INGREDIENTS:**

- 1 (49.5 ounce) can fat-free chicken broth
- 1 pound skinless, boneless chicken breast
- 2 teaspoons olive oil
- 1 1/4 cups onions, diced
- 1 1/2 cups carrots, peeled and diced
- 1 cup celery, diced
- 2 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 1/2 teaspoon dried oregano
- 1/4 teaspoon poultry seasoning
- salt, to taste
- 1 tablespoon fresh thyme leaves
- 1 cup frozen green peas
- 2 cups cooked egg noodles
- 1/2 cup low-fat (1 percent) milk
- 1/2 cup fat-free half-and-half

## **DIRECTIONS:**

- Place 2 cups broth and chicken breast in a skillet, cover, and simmer over medium heat until chicken is just cooked through, turning once, for approximately 15 minutes. Set chicken aside to cool, then dice. Save broth.
- In a large nonstick saucepan, warm oil over medium-high heat. Add onion, carrots, celery, and garlic and cook until onion is transparent, approximately 5 minutes. Sprinkle vegetables with flour, oregano, poultry seasoning, and salt. Toss to coat. Continue to stir gently for 1 minute.
- Add broth from cooked chicken and remaining broth from vegetable mixture, cover, and reduce heat to medium. Gently simmer for 15 minutes or until carrots are tender. Add diced chicken, thyme, and peas and simmer for 2 minutes or until peas are heated through. Add noodles, milk, and half-and-half. Stir and heat until steaming but not boiling. Remove from heat and serve.