

Name _____

Wholesome Chicken Noodle Adventure

Ingredients:

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| 2 boneless, skinless chicken breasts | 1 cup sliced carrots | 1/2 teaspoon salt |
| 6 cups chicken broth | 1 cup sliced celery | 1/4 teaspoon black pepper |
| 2 cups water | 1 cup chopped onions | 2 tablespoons olive oil |
| 2 cups egg noodles | 2 cloves garlic, minced | Fresh parsley for garnish |
| | 1 teaspoon dried thyme | |

Instructions:



Prepare the Chicken:

- Start by washing your hands thoroughly.
- Heat a large pot over medium heat and add the olive oil.
- Season the chicken breasts with salt and pepper.
- Place the chicken breasts in the pot and cook for about 6-8 minutes on each side or until they are no longer pink inside.
- Remove the chicken from the pot, let it cool for a few minutes, and then shred it using two forks.

Sauté the Vegetables:

- In the same pot, add the chopped onions, minced garlic, sliced carrots, and sliced celery.
- Cook the vegetables for about 5 minutes until they become tender and fragrant.

Add Broth and Seasonings:

- Pour in the chicken broth and water, then add the dried thyme.
- Bring the mixture to a boil, then reduce the heat to low and simmer for about 10 minutes.

Cook the Noodles:

Add the egg noodles to the pot and simmer for an additional 6-8 minutes, or until they are cooked to your desired level of tenderness.

Combine Chicken and Soup:

- Return the shredded chicken to the pot and let it heat through for a few minutes.
- Taste the soup and adjust the seasonings if needed with more salt and pepper.

Serve and Enjoy:

- Ladle the delicious homemade chicken noodle soup into bowl, and garnish with fresh parsley if desired.
- Enjoy your comforting bowl of chicken noodle soup!

