

Chicken Noodle Soup

Recipe makes 6 meals

Ingredients

1.5 lbs Boneless Skinless
Chicken Breast, chopped
12 oz No Yolks Egg Noodles
26 oz can Healthy Cream of
Chicken Condensed Soup
6 cups Chicken Broth
10 oz Julienned Carrots
3 Celery Stalks, chopped
1 White Onion, chopped
2 Tbsp Garlic Powder
1 tsp Oregano
1/2 tsp Crushed Pepper Flakes
1/2 tsp Thyme
1/4 tsp Ginger
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 416

Fat - 4g

Carbohydrates - 59g

Protein - 36g

Estimated Cost
Per Meal

\$2.60

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Instructions

1. Start by chopping your chicken breast, your celery, your onion, and cutting your carrots if they are not already pre-cut. Set everything aside.
2. In your crockpot, add in a 26 oz can of condensed cream of chicken soup, 6 cups of chicken broth, 2 Tbsp garlic powder, 1 tsp oregano, 1/2 tsp crushed pepper flakes, 1/2 tsp thyme, and 1/4 tsp ginger, Mix well.
3. Add in your chopped chicken, carrots, celery, and onion. Lightly push everything down so that it's all submerged in the liquid. Cover and cook on low and slow for 4 hours.
4. When your chicken is almost done cooking in the crockpot you can start on your noodles. Bring a pot of water to a boil and cook your noodles according to the instructions on the package. When your noodles are done, strain them and add them to your crockpot.
5. Mix your noodles in with everything, give it a taste, and add salt and pepper to preference.
6. Divide evenly among your meal containers and you're done.
7. Enjoy!



Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.