

CHICKEN NOODLE SOUP

4 Servings, about 1-1/2 cups each, plus 4 servings for another meal

Vegetable oil	1 teaspoon
Onion, minced	1/2 cup
Carrots, diced	1/2 cup
Celery, sliced	1/2 cup
Garlic powder	1/2 teaspoon
Flour	1/8 cup
Dried oregano flakes	1/4 teaspoon
Chicken broth, reduced sodium	3 cups
Potatoes, peeled, diced	2 cups
Chicken, cooked, chopped	1/4 cup
Whole milk	1/2 cup
Noodles, yolk-free, enriched, uncooked	1 cup

PREPARATION TIME: 25 MINUTES

COOKING TIME: 35 TO 40 MINUTES

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

PER SERVING:

Calories	205
Total fat	4 grams
Saturated fat	1 grams
Cholesterol	8 milligrams
Sodium	107 milligrams