



# Chicken Noodle Soup

**SERVING SIZE:** 1 cup  
**SERVINGS:** 8  
**PREPARATION TIME:** 5 minutes  
**COOK TIME:** 25-30 minutes

## INGREDIENTS:

- 1/3 cup red lentils
- 1 1/2 cups whole grain noodles
- 2 teaspoons chicken bouillon powder or 2 bouillon cubes
- 2 Tablespoons dried, minced onion
- 2 teaspoons parsley flakes (optional)
- 1/4 teaspoon garlic powder
- 1 teaspoon celery seed (optional)
- 1 13 ounce can of chicken with liquid
- 1 16 ounce bag frozen vegetables (carrots, corn or mixed vegetables work well)

## DIRECTIONS:

1. Bring 7 cups of water to a boil in a large saucepan.
2. Add lentils, chicken bouillon and seasonings.
3. Reduce heat and simmer for 5 minutes.
4. Add noodles, cover and simmer for 10 minutes.
5. Break chicken apart with a fork.
6. Add frozen vegetables and can of chicken.
7. Simmer for 5 minutes until vegetables are tender and chicken is heated through.

## RECIPE TIPS:

- You can substitute 2 cans of vegetables for frozen. Drain and rinse canned vegetables or use a low sodium version.
- For a gluten free version, substitute brown rice for noodles and simmer for 50 minutes.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>194</b>
<b>Total fat</b>	5g
Saturated fat	1g
<b>Cholesterol</b>	29mg
<b>Sodium</b>	439mg
<b>Total Carbohydrate</b>	24g
Fiber	4g
Sugar	3g
Includes 0g of Added Sugars	
<b>Protein</b>	16g
<b>Phosphorus</b>	142mg
<b>Potassium</b>	243mg

## EQUIPMENT NEEDED:

- Stove or hot plate
- Large pot
- Can opener

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)