



Bone Broth Chicken Noodle Soup

405 Calories

Ingredient List

- 8 cups bone broth
- 3 cups low-sodium chicken stock
- 1 1/2 lbs chicken breast
- 3 cups egg noodles
- 3 celery stalks, finely chopped
- 3 carrots, finely chopped
- 1 large onion, finely chopped
- 3 sprigs fresh thyme
- 2 bay leaves
- 1/4 cup chopped parsley
- 4 cloves garlic, chopped
- 2 tbsp lemon juice
- 3 tsp olive oil
- 1 tsp chicken bouillon powder
- 3/4 tsp salt
- Black pepper to taste

Cooking Instructions

1. Flatten the chicken breasts with a mallet or pot to ½ thickness. Cover them in 2 tsp olive oil then season both sides with the ¾ tsp salt and pepper to taste.
2. Add the chicken to a pot preheated to medium-high. Cook for 4-5 minutes.
3. Remove the chicken and add the rest of the olive oil to the pot. Toss in the chopped celery, onion, and bay leaves. Saute for 3 minutes.
4. Pour in the bone broth, chicken stock, and lemon juice. Bring the soup up to a light simmer.
5. Add the garlic, thyme, and chicken bouillon powder. Simmer for 10 minutes.
6. Toss the egg noodles into the soup and cook for 7-9 minutes. Meanwhile, chop the cooked chicken breast into cubes.
7. Check the soup consistency and add more stock or water if needed. Turn off the heat.
8. Add the chicken, chicken juices, and parsley to the pot. Stir the soup, serve and enjoy!

MACROS



● Fat	8g
● Carbs	27g
● Protein	54g