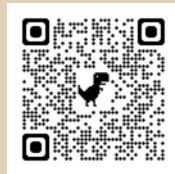




# Chicken & Noodles



Scan QR code for cooking demo video!



SERVINGS: 4

[cookingforkids.ok.gov/recipes](http://cookingforkids.ok.gov/recipes)

## INGREDIENTS

- 9 1/3 oz. chicken, cooked
- 1 tsp chicken base
- 3/4 cup + 2 tsp water
- 1/8 tsp garlic Powder
- 1/8 tsp black pepper
- 3/4 cup carrots (fresh or frozen)
- 1 medium onion, chopped
- 1/2 cup + 2 tsp celery, chopped
- 3 1/4 cup egg noodles, dry

## DIRECTIONS

1. In a large pot on the stove top, place the chicken, chicken base, and water. Heat together until chicken is hot.
2. Add garlic powder and pepper and let the mixture come to a boil.
3. Add in the vegetables and noodles and stir well.
4. Simmer for 30 minutes or until the noodles are tender, stirring occasionally. If needed add more water.

Serving size: 1 cup

## NOTES

Nutrition facts: 232 calories , 19g protein, 26 carbohydrates, 4g fat (.5g saturated fat), 144mg sodium



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