

Chicken and Noodles

Ingredients

- 9-1/3 oz frozen cooked diced chicken
- 1 tbsp chicken base, low sodium
- 1 cup water
- 1/8 tsp garlic powder
- 1/8 tsp black pepper
- 3/4 cup frozen carrot, slices
- 1 cup onion, sliced
- 2/3 cup celery chopped
- 3-1/4 cups egg noodles



Directions

1. In a large pot on 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.

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 223 calories,
4.01 g fat, 0.43 g saturated fat,
144 mg sodium, 26 g
carbohydrate, 2.38 g fiber, 2.8 g
sugar, 19.11 g protein