



Chicken Noodle Soup (serves 5)

Equipment list

Paring knives
Large pot
Measuring equipment
Wooden spoon
Cutting mats

Do all the “prep” work before starting to cook - chop veggies, measure spices and all other ingredients.

- Heat oil on #5 heat in a large pot. **Do the “sizzle “test. Sauté’**(fry) the all the vegetables for 3 minutes or until the onions are soft and transparent.
 - 15 ml olive oil
 - 1 small onion, chopped
 - 1 stalk celery, chopped
 - 1 carrot, peeled and sliced

- Add the following ingredients below in the order they are listed.
 - 750 ml water
 - 5 ml lemon juice
 - 15 ml chicken stock paste
 - 125 ml macaroni or rice
 - 1 chicken breast, cubed

- Measure the herbs below in to a custard cup and add to the soup mixture.
 - 1 bay leaf
 - 1 ml thyme
 - 1 ml sage
 - 2 ml poultry seasoning
 - 1 ml salt
 - 1 ml pepper

- Bring the soup mixture to a boil. Reduce to med low (heat #3) and SIMMER for about 15 minutes or until vegetables are tender and pasta or rice is soft. The soup should cook on a gentle boil. DO NOT STIR THE SOUP CONSTANTLY!!! Stir occasionally to make sure the soup is not sticking to the bottom of the pot.

- Remove bay leaf.

- Ladle into soup bowls. Do not hold the bowl in your hand while ladling, set on counter