

Chicken Noodle Soup

Yields 6-8 servings

Ingredients:

- 1 pound boneless, skinless thin sliced chicken breasts
- 3 tablespoons vegetable oil, divided
- 1 medium onion, chopped
- 1 large carrot, peeled and sliced 1/4-inch thick
- 1 stalk celery, sliced 1/4-inch thick
- 8 cups chicken stock
- 2 cups cooked egg noodles
- 2 tablespoons minced fresh parsley leaves
- Kosher salt and freshly ground black pepper, to taste
- Saltines, for serving

Directions:

1. Season the chicken breasts with salt and pepper, to taste.
2. Heat 1 tablespoon vegetable oil in a medium skillet over medium high heat. Add the chicken and cook, flipping once, until cooked through, about 3-4 minutes per side.
3. Let rest for 5 minutes before shredding. Once the chicken has rested, shred with a fork.
4. Heat the remaining 2 tablespoons vegetable oil in a large stockpot or Dutch oven over medium high heat. Add the onion, carrot and celery and saute until softened, about 5 minutes.
5. Add the chicken stock and shredded chicken breasts.
6. Bring to a boil; reduce heat and simmer until the vegetables are tender and the flavors meld, about 10-15 minutes.
7. Stir in the noodles.
8. Stir in the parsley, salt and pepper, to taste.
9. Serve immediately with Saltines, if desired.

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