



Chicken Noodle Soup

This recipe is a little healthier than what you would find in a can. It's also a great way to use leftover chicken.

Ingredients

- 3 whole carrots, chopped
- ½ onion, chopped
- 2 tsp vegetable oil
- 2 cloves of garlic, chopped.
- 1 tsp thyme
- About 1 cup of kale, shredded
- 2 cups of chicken broth
- 1 can of diced tomato
- 1 cup of cooked pasta
- About 2 cups of shredded chicken

Instructions

1. Wash your hands.
2. Cut up carrots and onion.
3. Add oil to pot and heat up.
4. Add carrots and onion to the pot.
5. Stir vegetables so they don't burn.
6. Add garlic in.
7. Let garlic and vegetables simmer for about a minute.
8. Add kale, chicken broth, diced tomato, pasta, and chicken to the pot.
9. Let all the ingredients simmer for 5-10 minutes.
10. Enjoy your yummy soup!

Tips for Success

- You can also use turkey if you have it leftover and can add extra veggies too!