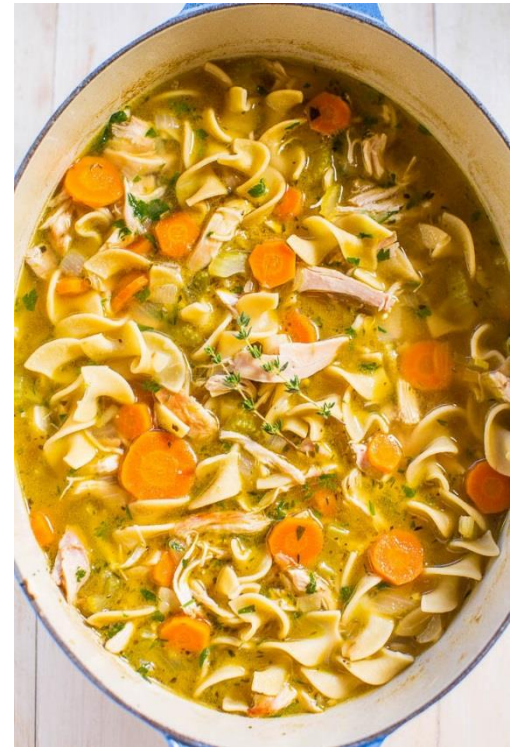


Chicken Noodle Soup (serves 4)

Ingredients:

- 30 ml olive oil
- 1 carrot, peeled and sliced thin
- 1 stalk celery, sliced thin
- ½ yellow onion, peeled and diced small
- 2 garlic cloves, minced
- 1000 ml low-sodium chicken broth
- 1 bay leaf
- 2 ml dried oregano
- ½ ml pepper, or to taste
- 150 ml wide egg noodles (or your favorite noodles)
- 1 chicken breast
- 10 ml fresh flat-leaf parsley leaves, finely chopped
- 5 ml lemon juice
- ½ can white kidney beans, rinsed and drained



Directions:

1. Cut up chicken breast into small, bite- sized pieces. With 10 ml of olive oil, saute over medium- low heat until no pink remains. Remove from pan and set aside.
2. In a large saucepan, add the olive oil and heat over medium heat to warm.
3. Add the carrots, celery, onion, and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
4. Add the garlic and sauté for another 1 to 2 minutes.
5. Add the chicken broth, bay leaves, thyme, oregano, pepper, and bring to a boil. Allow mixture to boil gently for about 5 minutes or until vegetables are tender.
6. Add the egg noodles and boil mixture for about 8 minutes, or until noodles are soft and cooked through. If the overall liquid level is lower than you like and you prefer more broth, add ½ cup water. At the end you will adjust the salt level.
7. Add the chicken, parsley, lemon juice, and beans, and boil 1 to 2 minutes, or until chicken is warmed through. Taste soup and add salt to taste. Make any necessary seasoning adjustments.