

## Chicken Noodle Soup

Recipe courtesy Tyler Florence

Prep Time: 2 hr 0 min Cook Time: 20 min Level: Intermediate

Serves: 4 servings

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 medium carrots, cut diagonally into 1/2-inch-thick slices
- 2 celery ribs, halved lengthwise, and cut into 1/2-inch-thick slices
- 4 fresh thyme sprigs or 2 teaspoons dry thyme
- 1 bay leaf
- 2 quarts chicken stock, recipe follows (Not enough time to make your own stock? Skip making your own and use canned, low fat, low sodium!)
- 8 ounces dried wide egg noodles
- 1 1/2 cups shredded cooked chicken
- Kosher salt and freshly ground black pepper
- 1 handful fresh flat-leaf parsley, finely chopped

### Directions

Place a soup pot over medium heat and coat with the oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned. Pour in the chicken stock and bring the liquid to a boil. Add the noodles and simmer for 5 minutes until tender. Fold in the chicken, and continue to simmer for another couple of minutes to heat through; season with salt and pepper. Sprinkle with chopped parsley before serving.

### Chicken Stock:

- 1 whole free-range chicken (about 3 1/2 pounds), rinsed, giblets discarded
- 2 carrots, cut in large chunks
- 3 celery stalks, cut in large chunks
- 2 large white onions, quartered
- 1 head of garlic, halved
- 1 turnip, halved
- 1/4 bunch fresh thyme
- 2 bay leaves
- 1 teaspoon whole black peppercorns

Place the chicken and vegetables in a large stockpot over medium heat. Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a boil.

Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.

Carefully remove the chicken to a cutting board. When its cool enough to handle, discard the skin and bones; hand-shred the meat into a storage container.

Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze.

Yield: 2 quarts