

## Easy Chicken Noodle Soup

- 2 boneless skinless Manitoba chicken breasts
- 4 cups chicken broth
- 1 stalk celery, sliced
- 1 cup wide egg noodles
- 1/8 tsp ground black pepper
- 2 cups frozen mixed vegetables
- 1 Tbsp chopped fresh parsley (optional)

Slice chicken breasts into thin strips. Pour chicken broth into a saucepan. Add chicken and celery and bring to a boil over medium heat. Stir in noodles and pepper; cook for 10 minutes, stirring occasionally. Add frozen vegetables and cook for another 5 minutes. Sprinkle with parsley and serve immediately.

Chicken broth is also available in Thai and Chinese flavours. For an Asian inspired soup, use a flavoured broth, frozen stir fry vegetables and rice noodles. Rice noodles cook faster than egg noodles so add the rice noodles with the vegetables at the end.

Serves 4 as a lunch or post exercise snack.

Based on Canada's Food Guide, each serving provides:  
Vegetables & Fruits - 1¼ serving  
Grains - ¼ serving  
Meats & Alternates - ¾ serving



Courtesy of Manitoba Chicken Producers  
[www.chicken.mb.ca](http://www.chicken.mb.ca)

Manitoba Chicken Producers represents 143 farm families raising chickens that are free-run, grain-fed and free of added hormones. For more information on buying locally grown chicken, visit the Buying Guide at [www.chicken.mb.ca](http://www.chicken.mb.ca).