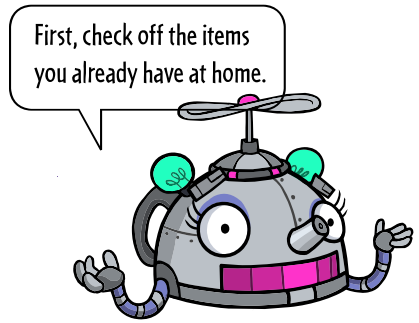
SHOPPING LIST

Chicken Noodle Soup

- [ ] Extra-Virgin Olive Oil
- [ ] Chicken Thighs
- [ ] Salt and Pepper
- [ ] Onions
- [ ] Carrots
- [ ] Garlic
- [ ] Fresh Thyme
- [ ] Low-Sodium Chicken Broth
- [ ] Yukon Gold Potato
- [ ] Egg Noodles
- [ ] Fresh Basil Leaves



CUT

CUT

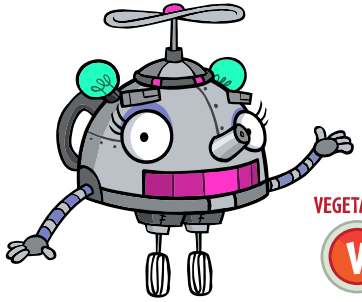
CUT

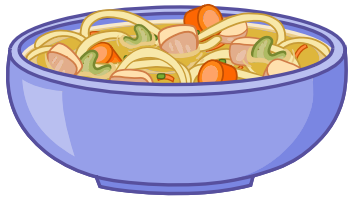
Mixiebot presents

DINNER

FIZZY'S LUNCH LAB

Chicken Noodle Soup





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
NO	Under an hour	Hard	

YOU WILL NEED

2 tablespoons extra-virgin olive oil

6 boneless skinless chicken thighs (about 1 ½ pounds)

salt and pepper

2 medium onions, diced small (about 2 cups)

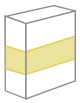
2 medium carrots, diced small (about 1 cup)

3 garlic cloves, minced

1 teaspoon minced fresh thyme

6 cups low-sodium chicken broth

1 medium Yukon Gold potato, diced small (about 1 ½ cups)



8 ounces egg noodles

¼ cup fresh basil leaves, coarsely chopped

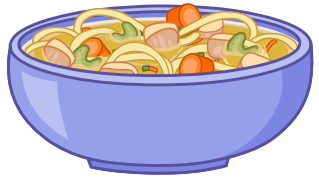
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Heat the olive oil in a large Dutch oven over medium-high heat until hot. Season the chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper, and sear in the oil until lightly browned on both sides, about 7 minutes. Remove the chicken to a platter.

STEP 2: Add the onions, carrots, garlic and thyme to the pot and sauté until translucent, 3 to 5 minutes. Return the chicken and any accumulated juices to the pot along with the chicken broth and potatoes. Cover, leaving the lid slightly ajar, and bring to a boil. Reduce the heat to a summer, and cook until the chicken is cooked through, about 20 minutes.

STEP 3: Meanwhile, cook the noodles in a separate pot of boiling water until al dente; then drain. When the chicken is done, remove it to a cutting board and shred into bite-size pieces with 2 forks. Return the chicken to the pot along with the noodles. Season with salt and pepper to taste. Serve, garnished with the basil.



Nutrition Facts

Serving Size 1 cup (336g)
Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 16g	

Vitamin A 50% • Vitamin C 15%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4