

Chicken Noodle Soup

Prep time: 15 mins | Cook time: 8 hours

Servings: 12-16 | Yields: 6 cups

INGREDIENTS

5-6 chicken thighs, skin-on bone-in
3 carrots, diced
3 celery stalks, diced
1 whole onion
1.5 tbsp dried parsley
1 bay leaf
2 litres low sodium chicken broth
4 cups water
½ pkg of egg noodles or 1 ½ cups
of any soup noodles

METHOD

1. Add everything to the slow cooker with the chicken on the bottom. Cook on low for 8 hours.
2. Take chicken out and shred meat from bones, then return meat to the slow cooker.
3. Add noodles in the last 20 minutes of cooking.
4. Remove bay leaf before serving.
5. Serve with a whole grain roll and enjoy!

Recipe from Nadine Bernard's cookbook: Slow Cooked Dreams

