



## Flu Fighting Chicken Noodle Soup

Flu season is upon us! Flu shot or not sometimes getting sick is inevitable this time of year. This cold and flu Fighting chicken noodle soup is most soothing, comforting and cozy soup for the flu season. This is soup is so quick and easy to make, it'll get you feeling better in no time.

### INGREDIENTS

- 1 tablespoon canola oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery ribs, diced
- 3 cloves garlic, minced
- 1/2 teaspoon dried basil
- 1/4 teaspoon pepper
- 3 cups uncooked whole wheat noodles (about 4 ounces)
- 3 cups coarsely chopped rotisserie chicken
- 1 tablespoon minced fresh parsley
- 8 cups reduced-sodium chicken stock

**Servings:** 8 (3 quarts)

### PREPARATION

1. In a 6-qt. stockpot, heat oil over medium-high heat. Add celery, carrots, and onion. Cook and stir 5-7 minutes or until tender.
2. Add broth, basil, and pepper. Bring to a boil. Stir in noodles. Cook 12-14 minutes or until al dente. Stir in chicken and parsley. Heat through.

### NUTRITION

**Per 1 1/2 cups:** 195 calories; 6g fat; 1g saturated fat; 47mg cholesterol; 639mg sodium; 16g carbohydrate; 2g sugars; 3g fiber; 21g protein

Diabetic exchanges: 2 lean meat, 1 starch, 1/2 fat

**Health Tip:** Stick with tradition. A number of scientific studies actually support the idea that chicken noodle soup can help ease Cold & Flu symptoms.

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