Chicken Noodle Soup
Servings: 6

Ingredients
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- ½ cup carrots, diced*
- 1 cup celery, diced
- 5 cups chicken broth OR prepared bouillon
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 cup peas*
- 2 cups cooked or leftover chicken, chopped
- 1 cup noodles or other pasta, dry

*1 ½ cups frozen mixed vegetables for the carrots and peas

Directions
Heat oil in a large pan over medium-high heat. Add onion, carrots and celery. Cook 3 to 5 minutes or until onion is tender. Mix broth, garlic powder, pepper, bay leaf, peas and chicken in a separate bowl. Add this mixture to the pan on the stovetop. Add noodles and reduce heat to a low boil. Cook uncovered for 10 to 15 minutes, stirring occasionally, until pasta and vegetables are tender. Remove bay leaf and serve.
Smart Bites by WIC

WIC provides nutritional guidance from healthy bellies to growing babies.

For more information, visit nutritionnc.com

A healthy diet now. A healthy baby in 9 months.