

Paul's Chicken Noodle Soup (makes 2 main dishes or 4 side dishes)

Ingredients:

1 boneless, skinless chicken breast
Canola/vegetable oil *or* non-stick spray
½ small onion or ¼ large onion (white, yellow, or sweet)
2 carrots
Salt
2 14-ounce cans of regular-sodium chicken broth
1 bay leaf
1 teaspoon paprika (preferably smoked paprika)
1 teaspoon bouquet garni herb blend *or* thyme *or* any combination thereof
½ teaspoon black pepper
Up to ¼ teaspoon crushed red pepper flakes (optional)
1 cup dried egg noodles *or* 1 cup dried pasta, broken into small pieces
2 tablespoons cornstarch
Cold water

1. Preparing the chicken

- a. Cut the chicken breast into small pieces.
- b. Add a small amount of oil (or non-stick spray) to a small skillet.
- c. Add the chicken to the skillet and cook over medium heat until all pink is gone from the chicken (approximately five minutes).
- d. Drain excess liquid from skillet, and set chicken aside.

2. Preparing the vegetables

- a. Peel and slice the carrots into pieces approximately ¼" thick.
- b. Peel and cut the onion into small pieces.
- c. Add a small amount of oil (or non-stick spray) to a medium saucepan.
- d. Add the carrots, onion, and a dash of salt to the saucepan. Cook over medium-low heat until carrots are soft and onions are translucent, stirring every few minutes (approximately 10-15 minutes).

3. Preparing the broth

- a. Once carrots and onions are cooked, add both cans of chicken broth to the saucepan and raise heat to high.
- b. Add the cooked chicken, bay leaf, smoked paprika, herb blend, black pepper, and crushed red pepper flakes to the broth.
- c. Bring broth to a boil, and add egg noodles or dried pasta pieces.
- d. Cover saucepan and reduce heat to low. Simmer broth for 10 minutes.

4. Finishing the soup

- a. In a separate bowl, dissolve the cornstarch in a small amount of cold water. Slowly drizzle the cornstarch liquid into the broth, stirring constantly. Boil for 1 minute, increasing heat if necessary.
- b. Turn off heat and remove bay leaf.
- c. Serve and enjoy! Makes enough soup for 2 main dishes or 4 side dishes.