

Choco Fever Dream

Cozy Homemade Chicken Noodle Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 lb chicken thighs, bone-in, cut into bite-size pieces
- [ ] 1 medium onion, diced
- [ ] 2 carrots, sliced
- [ ] 2 celery stalks, sliced
- [ ] 3 garlic cloves, minced

Broth & Noodles

- [ ] 6 cups low-sodium chicken broth
- [ ] 2 cups egg noodles
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Heat olive oil in a large pot over medium heat; add onion, carrots, and celery, and sauté until they soften, about 5 minutes.
2. Add garlic and chicken pieces, cooking until the chicken is lightly browned, roughly 4 minutes.
3. Pour in the chicken broth, stir in thyme and bay leaf, then bring to a gentle simmer. Let it cook for 15 minutes, allowing flavors to meld.
4. Stir in the egg noodles and continue simmering until noodles are tender, about 8 minutes. Remove bay leaf.
5. Finish with lemon juice, fresh parsley, and season with salt and pepper. Serve hot.

Nutrition per serving

340 kcal	28 g	30 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer broth, roast the chicken pieces first before adding to the pot.
- Taste and adjust seasoning at the end; a pinch of nutmeg adds surprising warmth.
- For a heartier soup, toss in a handful of spinach right before serving.