

Homemade Chicken Noodle Soup

Welcome to Soup Week at the Lazy Gastronome. Cold weather and busy days call for something warm and simple to warm your belly. And our first soup – Chicken Noodle!

Did you know that the old folk remedy for a cold, chicken soup, actually has a scientific basis? Chicken soup acts as an anti-inflammatory that can help shorten the life of the virus. By relieving congestion, it reduces the amount of time the virus is in contact with the lining of your nose – and he helps prevent dehydration. ([see Mayo Clinic](#))



Here is a pretty simple recipe that not only makes you feel better – it tastes good!

What you need:

- 1 whole chicken
- 3-4 medium carrots, cut into $\frac{1}{2}$ inch slices
- 2 celery stalks, cut into $\frac{1}{2}$ inch strips
- 1 onion, coarsely chopped
- 8 oz. raw noodles

- 2-3 quarts of water
- salt and pepper

How to Do it:

Place all the ingredients except the noodles in a large kettle. Bring to a boil, then simmer for about 1 to 1 $\frac{1}{2}$ hours, until chicken begins to come off the bone.

Remove the chicken from the pot and allow to cool.

Remove the meat from the bones and return them to the pot.

Add more salt and pepper to taste. Simmer for another 30 minutes.

Add the noodles to the pot and cook until they are done.

Serve hot!

Serves 6-8

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