

# Cold-busting Chicken Noodle Soup

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/cold-busting-mexican-broth-recipe>

## Ingredients:

- 1/2 tablespoon fat grass fed, The Ghee or Tallow
- 1 onion diced
- 2 large carrots diced
- 2 rib celery diced
- 1 potato diced
- 2 cloves garlic minced
- 1 tablespoon grated ginger
- 1 teaspoon turmeric
- 1 sprig rosemary
- 1 sprig thyme
- 1 bay leaf
- 1 1/8 pounds organic chicken
- 1 cup rice noodles gluten free
- 2 1/8 cups bone broth chicken
- Himalayan pink salt
- pepper

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 95 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 5 grams

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