

Creamy Chicken Noodle Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-creamy-chicken-noodle-soup-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 onion chopped
- 30 baby carrots sliced, or 2-3 large carrots
- 2 stalks celery chopped
- 32 ounces fat-free low-sodium chicken broth carton
- 4 cups water
- 1/2 teaspoon dried sage
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 1/4 teaspoon onion powder
- 2 cups chicken cooked, shredded
- 2 cups noodles uncooked
- pepper
- salt
- fresh parsley optional
- 1/3 cup butter
- 1/2 cup flour
- 2 cups milk
- 1/2 teaspoon lemon juice

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 140 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 36 grams

7. SaturatedFat: 13 grams
 8. Sodium: 1490 milligrams
 9. Sugar: 12 grams
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