

Reform Jewish Penicillin

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-penicillin-soup-recipe>

Ingredients:

- 3 pounds chicken wings or a mixture of wings and thighs
- 2 quarts water or to cover the chicken and vegetables
- 2 carrots My husband likes to eat the soup carrots so I peel them first.
- 2 onions quartered
- 2 parsnips
- 2 stalks celery preferably with leaves
- 1 handful fresh parsley
- 4 cloves garlic lightly smashed
- 1 tablespoon kosher salt
- 1/2 pound fine egg noodles
- 1 cup chopped tomatoes finely, It's winter; I use Pomi or Muir Glen
- 1 sweet onion small, finely chopped
- 1/4 cup Italian parsley finely chopped
- 1/3 cup olive oil good
- 1/4 cup sherry wine vinegar
- 2 teaspoons smoked paprika
- 1/2 teaspoon cayenne
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 1260 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 310 milligrams
4. Fat: 75 grams
5. Fiber: 9 grams
6. Protein: 73 grams
7. SaturatedFat: 17 grams
8. Sodium: 2430 milligrams
9. Sugar: 13 grams

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