

South Beach Diet Friendly Chicken Noodle Soup

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-diet-recipe-south-africa>

Ingredients:

- 1 onion medium, diced small
- 1 cup diced celery about 3 pieces of celery
- 1 cup carrots chopped, cut in half or fourths, then sliced
- 1 tablespoon olive oil
- 2 teaspoons dried thyme
- 1 teaspoon poultry seasoning I use Penzeys
- 8 cups homemade chicken stock or 4 cans chicken broth and 1/2 can water
- 2 cups cooked chicken diced
- 2/3 cup noodles broken Dreamfields linguini, or whole wheat linguini noodles, use 1/2 cup for thinner soup or 2/3 cup for more noodles
- black ground pepper fresh

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 55 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams
9. Sugar: 9 grams

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