

Chunky Chicken Noodle and Vegetable Soup

Yield: 9 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-eggplant-soup-recipe>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 white onion medium, finely chopped
- 5 stalks celery chopped
- 4 carrots large, peeled and sliced
- 1 cup sweet peppers chopped
- 1 zucchini chopped, 1/2 inch pieces
- 1 yellow squash chopped 1/2 inch pieces
- 1 1/2 cups eggplant chopped 1/2 inch pieces
- 5 cloves garlic fresh, minced
- 48 ounces chicken broth I used 1 full 32 oz size and 1/2 of another
- 9 ounces noodles small, choice
- 1 tablespoon Dijon mustard coarse
- 1 teaspoon hot sauce doesn't make it spicy, just gives a nice flavor
- 2 chicken breasts large, cooked and shredded, lightly seasoned with salt and pepper
- 1 cup fresh parsley finely chopped
- garlic salt
- 1 pinch kosher salt

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 40 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 160 milligrams

9. Sugar: 5 grams

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