



## Homemade Chicken Noodle Soup

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I have found making chicken soup from homemade stock is the best way to make a delicious, nutritious soup! This recipe is easy to make and is a comforting dish on a cold day. The Chicken Stock recipe is on page 2.

### Ingredients

- **1 batch of homemade chicken stock (or about 8 cups salt-free chicken stock). (See Homemade Stock recipe next page)**
- **4 large carrots, peeled, sliced diagonally**
- **4 celery stalks, washed, sliced diagonally**
- **8 oz. wide egg noodles, cooked, strained**
- **Chicken meat pulled from chicken carcass, (or 2 cups of cooked meat)**
- **1/2 teaspoon kosher salt, or salt to taste**

### Directions

1. Heat homemade chicken stock over medium to high heat until it reaches a boil. Turn down heat to simmer.
  2. Add sliced carrots, celery, and simmer for 10 to 15 minutes, until the vegetables are tender.
  3. Cook noodles per instructions on bag, strain, and set aside. Add meat to soup if desired and simmer another 5 minutes. Add cooked egg noodles and salt to taste.
- Serve immediately.

*6 to 8 servings about 1 cup each.*



## Homemade Chicken Stock

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It is easier to cook two chickens at a time. Make a meal out of the roasted chicken and then use the leftover bones for making this stock, or broth. Or, buy whole, uncooked chickens and filet them and keep the bones for the stock. I recommend roasting the bones as it gives the stock a better flavor.

### Ingredients

- **2 chicken carcasses (all the bones)**
- **4 celery stalks, coarsely chopped**
- **4 large carrots, coarsely chopped**
- **2 medium yellow onions, quartered**
- **1 Tablespoon fresh thyme**
- **4 quarts water (or 16 cups)**

### Directions

1. Combine chicken bones, celery, carrots, onions, thyme and water in a large stockpot and bring to a boil over medium-high heat. Reduce heat to low and simmer about 1 hour, skimming off the fat as it rises to the surface. Continue simmering over low heat until stock is reduced by one third and the flavor has intensified.
2. Remove from heat and carefully strain the stock through a sieve or strainer lined with cheesecloth. Discard contents of the sieve.
3. Pour strained stock into a container and let cool. Place in the refrigerator for 3 hours. Remove any solidified fat from the top. The stock will keep for 3 days in the refrigerator in a covered container.
4. Chicken Stock tastes better fresh, but it can also be kept in the freezer. Pour into containers, or into plastic freezer bags and store in the freezer for up to 2 months.

*Makes about 2 quarts, or 8 cups of stock. Serves 8 people,  $\frac{3}{4}$ -1 cup each.*