

Hurry-Up Chicken Noodle Soup (makes 6 servings)

1 Tbsp oil
1/2 cup chopped onion
1/2 cup chopped celery
4, 15 oz cans chicken broth
1, 15 oz can vegetable broth
1/2 lb cooked chicken breast
1-1/2 cups dry noodles, any width
1 cup sliced carrots
1/2 tsp dried basil
1/2 tsp dried oregano
1/8 tsp black pepper

Heat oil in a large pot over medium-high heat. Cook onion and celery in oil until just tender, about 5 minutes. Add cooked chicken, cut into chunks, and broths. Stir in noodles, carrots, basil, oregano, and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving. Serve hot.

Soup Nutrition per 1 cup serving: 157 calories; 16 g protein; 12 g carbohydrates; 4.5 g total fat; 1 g saturated fat; 40 mg cholesterol; 2.5 g fiber; 798 mg sodium

Meal Suggestion: This classic soup needs whole grain crackers or bread with natural cheese and mixed fresh fruit to make it a family meal.