

# The Ultimate Chicken Noodle Soup



## Servings: 6

*1 tablespoon olive oil  
1 onion, chopped  
3 carrots, chopped  
3 celery ribs, chopped  
2 garlic cloves, minced  
1 teaspoon poultry seasoning  
1/2 teaspoon ground turmeric  
salt and pepper, to taste  
8 cups chicken stock  
1 teaspoon pickling spice  
1 1/2 pounds cooked chicken, chopped  
300 grams spaghetti*

To the pot heat olive oil over medium-high heat.

To the pot add onion, carrots, celery, garlic, poultry seasoning, ground turmeric, salt, and pepper. Sauté until softened about 5 minutes.

Add chicken stock and bring to a boil.

Add pickling spice to a tea strainer or wrap in cheese cloth. Add to the pot and let steep.

Add cooked chicken and spaghetti noodles to the pot. Cook until the spaghetti is al dente about 9-10 minutes.

Remove the pickling spice and discard.

Serve

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Per Serving (excluding unknown items): 346 Calories; 10g Fat (27.6% calories from fat); 44g Protein; 17g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 565mg Sodium; 7g Total Sugars; trace Vitamin D; 46mg Calcium; 2mg Iron; 767mg Potassium; 364mg Phosphorus. Exchanges: .