

Chicken Soup

May 12, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



It's spring right? With the weather being so inconsistent and everyone in quarantine what's a better comfort than something warm and soothing like a chicken noodle soup. My version is a little different but equally delicious. After a day of remote working, this food fave will surely make you feel pretty satisfied..

Here's what I used...

- 1 tablespoon oil
- 2 tablespoon garlic minced
- 1 cup onion - small dice
- 1 cup carrots peeled and sliced into rounds

- 1 cup celery sliced
- 1 sweet potato – cut into small cubes
- 1 pound chicken breasts – shredded or cubed
- 4 cup chicken broth better than bouillon chicken broth base
- 2 cups egg noodles no yolks egg white noodles – any pasta noodle works
- 4 handfuls of baby kale or baby spinach
- Salt and fresh ground black pepper
- 1 tablespoon parsley chopped for garnish

Serves 4, Cooking Time 30 min

In a large pot, bring heat to medium and drizzle oil to coat bottom. Add in onions, garlic, celery, carrots, sweet potato and season with salt and pepper. Sauté for a few minutes 4/5 until onions are soft. Add in stock or water and chicken any, leftover chicken works great. Bring to a boil and let cook for 10 minutes. Once at a rolling boil you can add in any of your favorites too. Add in any pasta you have in the pantry, any shape works. You can add any favorite veg you have or spices and heat sources, now is the time to add, personalize and taste. Cannellini beans are great in this soup too. Cook another 5/7 minutes. Now add in your baby Kale or Spinach, stir and give a taste. Make sure to re-season if you need any salt or pepper. Let cook just another minute or too until greens are slightly soft. When ready to serve, you can top with a little parmesan cheese or squeeze of lemon and if you have any crusty bread feel free to pair the two! Serve nice and hot, Enjoy!