

Roasted Chicken Noodle Soup

Ingredients:

2 tsps olive oil- heat over medium heat

1 cup chopped onion

1 cup diced carrots

1 cup sliced celery

1 garlic clove, minced

*saute' above ingredients 5 minutes

1/4 cup flour

1/2 tsp oregano

1/4 tsp thyme

1/4 tsp poultry seasoning

*sprinkle above 4 ingredients over veggies and cook 1 minute

6 cups chicken broth

4 cups diced peeled potato

1 tsp salt

1/2 tsp black pepper

* stir above 4 ingredients and bring to a boil while partially covered and simmer 25 minutes

2 cups diced roasted chicken

1 can evaporated skim milk

4 oz uncooked egg noodles

*add above 3 ingredients and cook 10 minutes or until noodles are tender. Leftovers absorb broth and turns into chicken and noodles.

Makes 10 cups (1 cup per serving) @ 4 Points, 6 points plus

