

Chicken Noodle Soup with Turmeric

Turmeric's anti-inflammatory properties make this an excellent post surgery healing food!



🍲 6 servings ⌚ 30 minutes

INGREDIENTS

- 1 Tbsp olive oil
- 1 onion, diced
- 3 carrots, sliced
- 3 celery stick, sliced
- 3 gloves garlic, minced
- 1 Tsp ground turmeric
- 1 Tsp ground ginger
- Salt & Pepper to taste
- 8 Cups low sodium chicken or bone broth

DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add diced onion, carrots and celery. Cook until softened, about 5-7 minutes.
2. Add minced garlic, ground turmeric, ground ginger, salt and pepper. Stir well to coat the vegetables in the spices. Cook for an additional 2 minutes.
3. Add broth and bring the soup to a simmer. Add shredded chicken and egg noodles. Cook according to the noodle packages instructions- usually 8-10 minutes.

2 cups cooked, shredded chicken (rotisserie chicken works well)
1 Cup egg noodle
1 Tsp dried thyme (optional)
Parsley for garnish (optional)

- 4. If desired, add dried thyme for additional flavor. Add more salt and pepper as needed
- 5. Once the noodles are cooked, remove the soup from the heat. Garnish with parsley if desired. Enjoy!

Flavor Variations

Nutrition Facts

Serving Size:
1 ½ Cup

Calories 170

Amount	% Daily Value*	Amount	% Daily Value*
<u>Total Fat 5.1g</u>	8%	<u>Total Carbs 13g</u>	4%
<u>Saturated 1g</u>	5%	<u>Dietary Fiber 2g</u>	8%
<u>Cholesterol 52mg</u>	17%	<u>Sugars 4g</u>	
<u>Sodium 189 mg</u>	6%	<u>Protein 18g</u>	37%
Calcium 6%	Iron 9%	Vitamin A 104%	Vitamin C 7%

*Percent Daily Values are based on a 2000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.