

Chicken Noodle Soup

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 3-4 cups (6-8 cups)* chicken broth
- Optional toppings and garnishes: Extra salt or pepper, parmesan cheese

Instant Pot Cooking Directions:

1. Locate the bag of noodles and vegetables and keep in the freezer until ready to use.
2. Open meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)* chicken broth.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
4. When pressure cooking is complete, use a natural release.
5. Scoop chicken out with a slotted spoon and set aside.
6. Cut open bag of vegetables and noodles and add to the pot with the juices.
7. Wipe the seal and inside of the lid dry and make sure the ring is pressed down all the way. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
8. While the vegetables and noodles are cooking, shred or cube the chicken into bite-sized pieces.
9. When pressure cooking is complete, use a quick release. If liquid sprays through the valve, turn back to sealed position, wait 30-60 seconds and try again. Add the chicken to the vegetables and stir well. If a thinner soup is desired, add more chicken broth.
10. Season with more salt and pepper if desired. Serve hot with desired toppings and garnishes

Slow Cooker Cooking Directions:

1. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Add the vegetables and noodles in the last hour of cooking. Cook until vegetables and noodles are soft. Continue with steps 8-10.

Leftover Suggestions:

- Chicken Pot Pie Filling – Thicken the soup with a bit of flour or cornstarch and use it as pie filling under a pastry crust.

Notes:

- Stir in ¼ teaspoon of nutmeg for a hint of warmth and subtle sweetness that makes this soup extra comforting

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 2g	3%	Total Carbohydrate 21g	8%
Serving size 1 cup (228g)		Saturated Fat 0g	0%	Dietary Fiber 4g	14%
Calories per serving 180		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 70mg	23%	Includes 0g Added Sugars	0%
		Sodium 800mg	35%	Protein 21g	
		Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 1.8mg 10% • Potassium 350mg 8%			
		Vitamin A 450mcg 50% • Vitamin C 8mg 8%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, CARROTS, ONION, CELERY, EGG NOODLES (DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, EGGS, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID CONTAINS: WHEAT, EGGS), GARLIC, SALT, SPICE

CONTAINS: EGG, WHEAT