

Homestyle Chicken Noodle Soup

INGREDIENTS

- 2 teaspoons olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of celery, leaves discarded, thinly sliced
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 ½ pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces
- 3 cups water
- 3 tablespoons fresh Italian (flat-leaf) parsley, minced
- ½ teaspoon dried thyme (crumbled)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 6 oz dried no-yolk noodles



Recipe courtesy of American Heart Association

DIRECTIONS

1. Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots are tender and onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.