

# Chicken Noodle Soup (Anne Burrell)

adapted from Anne Burrell (Food Network)

<http://www.foodnetwork.com/recipes/anne-burrell/chicken-noodle-soup-recipe/index.html>



Extra-virgin olive oil, as needed  
1 large onion, coarsely chopped  
4 ribs celery, cut in 2-inch chunks  
3 carrots, cut in 2-3 large pieces  
Kosher salt  
2 cloves garlic, smashed  
2 teaspoons crushed red pepper flakes  
1 bunch thyme, or 2 teaspoons dried  
1 1/2 pounds chicken legs, bone-in, skin and excess fat removed (I used chicken breasts instead)  
1 1/2 pounds chicken thighs, bone-in, skin and excess fat removed  
Water, as needed  
2 whole bay leaves  
1 whole lemon, halved  
1 teaspoon Penzey's chicken soup base, or chicken granules  
1 teaspoon ground cinnamon  
1/8 teaspoon freshly ground nutmeg  
Freshly ground black pepper  
1 cup pasta, preferably small shells such as orecchiette, or orzo (add more if desired)  
15 1/2 ounces canned white beans, drained, rinsed, or chickpeas (optional)  
2 cups frozen peas  
1 1/2 cups carrots, cut into coins  
1 bunch cilantro, leaves coarsely chopped

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 7

*I used chicken thighs and chicken breasts. And I had some turkey stock left over from Thanksgiving dinner, so that was added in as well. I halved the amount of pasta in it - if you want more, by all means add more. And I didn't add the beans, either, but that was just a personal choice as I wanted a lower carb meal.*

1. Coat a large stock pot with olive oil and add the onions, celery and carrots. Season with salt, to taste, and bring the pot to medium-high heat. Cook the vegetables until they start to soften and are very aromatic, about 10 minutes.
2. Add in the garlic, crushed red pepper and thyme and cook for another 2 to 3 minutes.
3. Add the chicken and fill the pot with enough water to cover the chicken. Add the bay leaves, bring the ingredients to a boil, then reduce the heat to a simmer. Cook for 30 minutes and skim off any particles that accumulate on the surface. Squeeze the juice of the 2 lemon halves into the soup and drop in the lemon halves. Add the cinnamon and nutmeg and taste for seasoning. Adjust the flavors with salt and pepper, if needed. Simmer the soup for an additional hour. During the last 15 minutes add the carrots coins.
4. While the soup is simmering, bring another pot of well-salted water to a boil over high heat. Add the pasta and cook until "al dente," firm but not crunchy. Drain the pasta and transfer to a medium bowl. Add 1 teaspoon of olive oil and toss. Reserve.
5. After the soup has finished, switch the heat off and remove the chicken to a cutting board. Discard the celery ribs, carrot chunks, lemon halves, thyme and bay leaves. (Leave in the onion.) Let the chicken cool, then remove the bones and discard. Pull the meat into bite-sized pieces and return them to the pot. Add the peas. Taste the soup for seasoning. If using, rinse the beans and add them to the pot. Add more lemon juice if desired - it really does brighten up the flavor of the soup.
6. Spoon some of the reserved pasta into the bottom of each serving bowl and ladle the hot soup over the pasta. Garnish with the chopped cilantro and serve.

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Per Serving (excluding unknown items): 497 Calories; 21g Fat (38.3% calories from fat); 36g Protein; 41g Carbohydrate; 8g Dietary Fiber; 124mg Cholesterol; 207mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat.