

Helergon Kitchen

# Homemade Chicken Noodle Soup From Scratch

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| **20 min**<br>Prep time | **45 min**<br>Cook time | **1 h 5 min**<br>Total time |
| **6**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### The Base

- [ ] 1 tablespoon olive oil
- [ ] 1 large onion, diced
- [ ] 3 carrots, peeled and sliced
- [ ] 2 celery stalks, sliced
- [ ] 4 cloves garlic, minced

### The Broth and Seasoning

- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried parsley
- [ ] 1 bay leaf
- [ ] 6 cups low-sodium chicken broth
- [ ] 1 cup water
- [ ] Salt and pepper to taste

### The Hearty Bits

- [ ] 1 pound bone-in, skin-on chicken thighs, cut into chunks
- [ ] 2 cups egg noodles (about 200 g)

### For Finishing

- [ ] Fresh parsley, chopped (for garnish)
- [ ] Lemon wedges (optional)

## Instructions

1. Start by warming up the 1 tablespoon olive oil in your large stockpot over medium heat. Toss in the diced onion, sliced carrots, and celery. Just let them sauté and soften for about 5 minutes—it smells like home already, doesn't it?

2. Now, stir in those 4 cloves garlic, minced, along with the 1 teaspoon dried thyme, 1 teaspoon dried parsley, and 1 bay leaf. Cook them for just a minute until the kitchen smells wonderful, then pour in the 6 cups low-sodium chicken broth and 1 cup water. Bring it all to a gentle simmer.

3. Carefully place the 1 pound bone-in, skin-on chicken thighs, cut into chunks into the pot. Season with salt and pepper to taste, let it come back to a simmer, then turn the heat down to low. Cover the pot and let it gently simmer for about 20 minutes until the chicken is tender and cooked through.

4. Using a slotted spoon, gently lift the chicken pieces out and set them aside in a bowl to keep warm. Oh, and don't forget to fish out and discard the bay leaf.

5. Turn the heat back up to medium and stir in the 2 cups egg noodles (about 200 g). Let them cook, uncovered, for 6–8 minutes. You want them al dente—just a little bit of a bite. Go ahead and adjust the salt and pepper now if you feel it needs it.

6. Slide those tender chicken pieces back into the pot. Stir gently so you don't break the noodles, and heat everything through for another 2 minutes. Taste it one last time; honestly, this is where you make it yours.

7. If you have lemon wedges (optional), squeeze a few drops of fresh lemon juice into the soup. It really brightens everything up. Now, take it off the heat.

8. Ladle the hot soup into bowls and garnish each one with some fresh parsley, chopped (for garnish) and another squeeze of lemon if you like. I always suggest some warm crusty bread on the side for dipping.

## Nutrition per serving

| 350 kcal | 20 g | 45 g | 12 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Bone-in chicken thighs give the broth a much deeper flavor than breasts.
- Cooking the noodles separately from the chicken prevents them from overcooking.
- Fresh lemon juice is a simple trick to balance the savory richness of the broth.