

slow cooker

CHICKEN NOODLE SOUP

FREEZER BAG INGREDIENTS

4 medium carrots, finely diced (1.5 cups)
4 large celery stalks, finely diced (1 cup)
3 cloves garlic, minced (2 heaping tablespoons)
½ medium yellow onion, finely diced
1.5 lbs. boneless, skinless chicken breast
2 tablespoons Italian seasoning
¼ teaspoon salt

COOKING INGREDIENTS

6 sprigs of thyme
6 sprigs of rosemary
1 tablespoon Frank's hot sauce (or white vinegar)
8 cups chicken broth
3 cups egg noodles*

FREEZER BAG DIRECTIONS

1. Place chopped carrots, celery, garlic, onion, and chicken breast into a freezer safe gallon-sized bag. Sprinkle on Italian seasoning and salt and make sure all ingredients are covered.
2. Remove as much air from the bag as possible and seal tightly.
3. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and stir. Then, pour in chicken broth and Frank's hot sauce and mix.
3. Create an herb bundle by tying together fresh rosemary and thyme with baker's twine. Place on top of soup in slow cooker.
4. Cover and cook on high for 3-4 hours or on low for 6-8 hours.
5. Once the chicken is fully cooked, remove from slow cooker and dice. Then, place back in to the slow cooker.
6. Add 3 cups of egg noodles to slow cooker and stir. Cover and let cook for an additional 10 minutes or until noodles are fully cooked.

