

Chicken Noodle Soup

Makes: 8 Servings

Ingredients

- 1 cup** onions, chopped
- 1 cup** carrots, chopped
- 1 cup** celery, chopped
- 1 clove** garlic, minced
- 2 teaspoons** vegetable oil
- 1/2 teaspoon** flour
- 1/2 teaspoon** poultry seasoning
- 6 cups** Chicken broth, fat-free
- 4 cups** potatoes, diced
- 2 cups** Chicken, skinless, cooked, diced
- 3 cups** Noodles, wide
- 1 cup** Evaporated milk, fat-free

Directions

1. Brown onions, carrots, celery and garlic in oil in skillet.
2. Stir flour and poultry seasoning together in small bowl.
3. Blend flour/seasoning mixture into the browned vegetables. Pour into the slow cooker.
4. Pour broth, potatoes and chicken into the slow cooker. Stir, and cook on low for 5-6 hours or until the potatoes are soft.
5. Add noodles and evaporated milk. Cook until noodles are tender, approximately 20 minutes. Do not bring to a boil after milk is added.
6. Enjoy!

Notes

Serving Size: 1 1/4 cup