Chicken Noodle Soup with a Soda on the Side

PREP 20 MIN • COOK 40 MIN • SERVES 4 • EASY



Chicken Noodle Soup with a Soda on the Side is prepared with chicken, vegetables and a seasoned cooking liquid. Follow the method below and check the chicken reaches 165°F (74°C) before serving.

INGREDIENTS

- 680 g boneless skinless chicken thighs, cut into 3 cm pieces
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves, minced
- 2 carrots (160 g), sliced
- 2 celery stalks (100 g), sliced
- 2 litres unsalted chicken broth
- 150 g dried egg noodles
- 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 1/2 tsp salt, adjusted to taste
- 4 small cans soda, optional accompaniment

COOK'S NOTES

Use unsalted broth and adjust seasoning after cooking. Keep raw chicken chilled and use separate clean utensils for cooked food.

DONENESS & SAFETY

Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

QUICK TIPS

- Prepare ingredients before starting.
- Check chicken with a thermometer.
- Cook noodles only until tender; keep separate for storage.

Step-by-step

1. Warm olive oil in a large pot. Soften onion, carrots and celery for about 6 minutes; add garlic and stir for 30 seconds.
2. Add chicken, broth, thyme, pepper and salt. Bring to a gentle simmer, partially cover and cook 20–25 minutes, until chicken reaches 165°F (74°C).
3. Lift chicken onto a clean board and shred with two forks. Return the shredded chicken to the broth.
4. Stir in egg noodles and simmer according to package directions, usually 6–10 minutes, until just tender. Taste and adjust salt.

FIVE COOKING STAGES


INGREDIENTS


PREP


COOKING


FINISHING


SERVING

STORE

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days.

FREEZE

Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

REHEAT

Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

QUICK FAQ

Can I make this ahead? Refrigerate promptly and reheat thoroughly; store noodles separately when used.

How do I check doneness? Use a thermometer: chicken must reach 165°F (74°C).

FOR A CLEAR, COMFORTING BROTH

Keep the pot at a gentle simmer rather than a rolling boil; skim foam if needed. Add noodles near the end so they stay tender instead of soaking up the broth.

EASY FLAVOR ADJUSTMENTS

Finish with parsley and lemon. Use similar amounts of seasonal vegetables if swapping carrots or celery. Start with unsalted broth and add salt after tasting.

Safety reference: foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures