Creamy Chicken Noodle Soup

PREP 20 min | COOK 30 min | TOTAL 50 min | 6 servings | Easy



Ingredients

- 3 cups (420 g) cooked chicken breast, diced
- 2 tbsp (28 g) unsalted butter
- 1 small onion (100 g), diced
- 2 carrots (150 g), finely diced
- 2 celery stalks (100 g), finely diced
- 1 cup (100 g) finely chopped mushrooms
- 2 garlic cloves (6 g), minced
- 1/4 cup (30 g) all-purpose flour
- 4 cups (960 ml) low-sodium chicken broth
- 2 cups (480 ml) whole milk
- 4 oz (113 g) short thin egg noodles
- 1/2 cup (70 g) frozen corn
- 1/2 tsp (0.5 g) dried thyme
- 1/4 tsp (1.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (4 g) chopped parsley

Cook notes

Use short thin noodles with a stated package cooking time. Brown the mushrooms first and add cooked chicken near the end. Keep noodles separate when preparing the soup ahead.

Whisk liquid in gradually so the flour base stays smooth.; Use gentle heat after adding milk.; Keep noodles short enough to fit on a spoon.

Method

1. Melt butter in a soup pot. Cook onion, carrot, celery and mushrooms for 8 minutes until softened and the mushroom moisture has reduced.
2. Add garlic for 30 seconds. Stir in flour and cook 2 minutes, scraping the base.
3. Gradually whisk in broth, then milk. Add thyme, salt and pepper and bring only to a gentle simmer.
4. Add noodles and cook to their package timing, generally 5–8 minutes for short thin egg noodles, stirring regularly.
5. Add cooked chicken and corn; heat gently until chicken and soup reach 165°F (74°C). Stir in parsley.
6. Serve immediately. For longer storage, cook noodles separately instead and add them to individual bowls.

Doneness

Chicken and the center of the finished filling or soup must reach 165°F (74°C) on a food thermometer. Vegetables should be tender and any pasta cooked to its package doneness.