Low Sodium Chicken Noodle Soup

Low Sodium Chicken Noodle Soup uses boneless skinless chicken thighs with a vegetable broth and noodles.



20 min prep | 40 min cook | 60 min total
4 servings | Easy | American cuisine

What you need

- 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

Step-by-step method

1. Heat oil in a large pot. Soften onion, carrots and celery for 6 minutes; stir in garlic for 30 seconds.

2. Add chicken, broth and seasonings. Bring to a gentle simmer. Cover partially and cook 20–25 minutes until chicken reaches 165°F (74°C).

3. Lift chicken onto a clean board. Shred the chicken with two forks.

4. Return chicken to broth. Add noodles and simmer for the packet cooking time, usually 6–10 minutes.

Before you start: useful cooking notes

COOKING TIPS

Choose unsalted broth and check package labels for sodium.
Build flavor with onion, garlic, thyme, black pepper and lemon rather than extra salt.
Add noodles near the end and cook until just tender.

AVOID THESE MISTAKES

Do not substitute regular salted broth without accounting for its sodium.
Check labels on broth and noodles; sodium varies by brand.
Use a thermometer to confirm chicken reaches 165°F (74°C).

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

Cook’s notes, serving & storage

Make the recipe your own, then cool, store and reheat leftovers safely.

Variations

Herbs: Add parsley, cilantro or extra thyme.
Vegetables: Stir in peas during the final few minutes.
Brighten without salt: Serve with lemon wedges and black pepper.

Serving suggestions

Serve hot in bowls with lemon wedges.

TO COMPLETE THE MEAL

Serve with lemon wedges and black pepper. For a lower-sodium bowl, use unsalted broth and check the noodle label.

Make-ahead, storage & reheating

REFRIGERATE	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.

Frequently asked questions

Does this recipe add salt?
No added salt is listed. Use unsalted broth; check noodle labels because packaged noodles still contain sodium.

How can I keep sodium low?
Choose unsalted broth and lower-sodium noodles, and avoid salty toppings or bouillon.

How do I check chicken doneness?
Check the thickest pieces reach 165°F (74°C) before shredding.

Food-safety references: FoodSafety.gov — Safe minimum cooking temperatures; FoodSafety.gov — Cold food storage