Organic Chicken Noodle Soup

This chicken noodle soup uses certified organic chicken, vegetables, broth and egg noodles. Simmer the chicken safely, shred it, then add the noodles near the end.



20 min prep | 40 min cook | 1 hr total
4 servings | Easy | American cuisine

What you need

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

Step-by-step method

1. Heat the certified organic olive oil in a large pot over medium heat. Add diced onion, sliced carrots and celery; soften for 6 minutes. Stir in minced garlic for 30 seconds.

2. Add the 3 cm chicken thigh pieces, broth, thyme, salt and pepper. Bring to a gentle simmer, partially cover and cook 20–25 minutes. Check the thickest chicken piece with a thermometer; it must reach 165°F (74°C).

3. Transfer chicken to a clean board and shred with two forks. Return the shredded chicken to the broth.

4. Add dried egg noodles and simmer for the packet time, usually 6–10 minutes, until tender. Taste, adjust salt and serve with lemon.

Before you start: useful cooking notes

COOKING TIPS

Use certified organic ingredients where available; handle and cook them safely.
Cut chicken into even 3 cm pieces. Simmer gently until the thickest piece reaches 165°F (74°C).

AVOID THESE MISTAKES

Use a thermometer; color alone cannot confirm chicken is safely cooked.
Keep raw chicken and its utensils separate from ready-to-eat food.
Add noodles near the end so they do not overcook.

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: Finish with chopped parsley or cilantro.
Vegetables: Replace carrots or celery with a similar amount of seasonal vegetables and simmer until tender.
Serving: Add lemon wedges at the table for brightness.

Serving suggestions

Serve hot in bowls with lemon wedges.

TO COMPLETE THE MEAL

Serve hot with lemon wedges and chopped parsley. Spoon chicken, carrots, celery and noodles into every bowl.

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

Do organic ingredients cook differently?
Use the same cooking and food-safety steps; organic certification does not change the chicken's safe temperature.

How do I check the chicken?
Insert a food thermometer into the thickest piece; it must reach 165°F (74°C).

Can I make this ahead?
Yes. Refrigerate promptly, store noodles separately if possible, and reheat leftovers to 165°F (74°C).

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