Turmeric Chicken Noodle Soup

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



Turmeric Chicken Noodle Soup 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
- 1 tsp ground turmeric
- 15 g grated ginger

COOK'S NOTES

Use unsalted broth and adjust seasoning after cooking. Keep raw chicken chilled and use separate clean utensils for cooked food. Method timing: Stir turmeric and ginger into the softened vegetables for 30 seconds before adding broth.

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. Heat olive oil in a large pot. Soften onion, carrot and celery for about 6 minutes; stir in garlic for 30 seconds.
2. Add grated ginger and ground turmeric; stir for 30 seconds until fragrant and vegetables are coated.
3. 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).
4. Transfer chicken to a clean board and shred with two forks. Return it to the pot.
5. Add egg noodles and simmer according to package directions, usually 6–10 minutes, until 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

Bloom turmeric and grated ginger with the softened vegetables before adding broth. Finish with parsley and lemon; taste before adding more salt.

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