

Gluten Free Chicken Noodle Soup

OSHC

Ingredients

- 1 tablespoon olive oil
- 1kg chicken breast, diced
- 500g carrot, sliced
- 150g celery, diced
- 2 onions, diced
- 500g pumpkin, diced
- 2 teaspoons minced garlic
- 4 litres salt reduced chicken stock
- 1kg gluten free pasta
- ½ cup chopped fresh parsley

Serves: 20

Prep Time: 10 mins

Cook Time: 30 mins



Method

1. Heat the olive oil in a large pot. Cook the diced chicken until sealed (do not brown).
2. Add the sliced carrot, diced celery, onion and pumpkin. Cook until just tender.
3. Add the minced garlic and cook for a further minute.
4. Add the salt reduced chicken stock and bring to the boil.
5. Add the pasta and simmer, stirring occasionally, until the pasta is cooked.
6. Add the chopped fresh parsley and serve.

Recipe Notes:

If reheating, add more water or chicken stock as the noodles will continue to absorb the liquid.

For more variation add frozen peas and corn. Can use chicken thighs as an alternative.

Food Group	Serves per portion
Vegetables	1
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0