

# Low-fat Chicken Soup

written by The Recipe Exchange | June 4, 2015

## **Ingredients**

1 qt. chicken stock – see Notes, below  
1 lb. boned, skinned chicken meat – cooked, shredded, see Notes, below  
2 med. carrots – sliced  
2 ribs celery – sliced  
1 lrg. onion – minced  
1/4 cup fresh chopped parsley  
3 chicken bouillon cubes OR 1 Tbls. chicken soup base  
1/4 tsp. celery seed  
salt and pepper – to taste  
1 cup rice – un-cooked OR 1 lb. bag egg noodles – un-cooked

## **Directions**

Place all ingredients, except rice or noodles, in a large pot; bring to a boil over medium-high heat; reduce heat to medium-low and simmer for 45 minutes.

Add rice or noodles and continue simmering until rice is cooked or noodles are tender.

Notes: Do not use chicken broth.