

# Chicken Noodle Soup

**Prep Time:** 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min  
Serves 1

## Ingredients

100g of raw cubed chicken

100g+ of your choice of vegetable (cabbage, celery, broccoli, etc)

Seasonings (Salt, Pepper, dill, poultry seasoning, garlic, etc)

Chicken broth (homemade or use a boxed brand with no sugars or oils added)

Shirataki noodles

## Instructions

- 1 Cook both the chicken & your choice of vegetable
- 2 Add to chicken broth
- 3 Add your choice of seasonings (Salt, Pepper, dill, poultry seasoning, garlic, etc)
- 4 Add as many Shirataki noodles as desired
- 5 Bring to a boil & then simmer until you are ready to eat. Enjoy!

## Notes

This can be a really quick meal to pull together if you already have pre-cooked chicken, broth, noodles & pre-cooked vegetables. Measure your protein & vegetable portions, rinse & cut your noodles, add it all to some broth in a pot and heat. Voila - 5 minutes & you're ready to eat!

team victory / spray it away <http://sprayitaway.ca/>