

# Roast Chicken Noodle Soup

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 tbsp extra-virgin olive oil
- Half a large onion, chopped
- 4 carrots, chopped
- 3 stalks celery, chopped
- 4-6 cups chicken stock or broth (see note)
- Pulled chicken pieces, from 1 roast chicken (about 2 cups)
- Sea salt and pepper to taste
- 1 tsp dried Italian seasoning
- 1 bay leaf
- 1 package (227 g) pasta (used Anelli rice + quinoa pasta)
- Handful fresh parsley

## Instructions:

1. In a large soup pot, add olive oil and heat to medium. Then add onions and sauté for a couple of minutes.
2. Next add carrots and celery. Sauté for 5 minutes then add the chicken stock, chicken pieces, salt and pepper, seasoning and bay leaf.
3. Bring to a soft boil and then add the pasta. Reduce to a simmer until pasta is cooked. Remove from heat once pasta is cooked.
4. Enjoy immediately with some fresh parsley or let cool completely and store in mason jars in the fridge for up to 5 days or in the freezer for up to 3 months. Only fill the jars 3/4 full if freezing right away. Allow to fully cool before placing in the freezer.