

QUICK CHICKEN NOODLE SOUP

6 cups **water**, divided

1 **leek**, thinly sliced
in rounds

1 clove **garlic**, minced

1 tsp **salt**

1 tsp dried **dill**

2 **carrots**, sliced

2 **celery stalks**, diced

1 cup **broccoli florets**

1 cup **kale**, chopped

1 **yellow pepper**,
diced

1 **red pepper**, diced

$\frac{3}{4}$ cup **whole-grain
fusilli noodles**

2 cups **cooked chicken**, diced



Add 1 cup of water to a large stockpot set over high heat. **Add** leek, garlic, salt and dill. **Simmer** for 5 minutes. **Add** remaining water and bring to a boil. **Add** carrots, celery, broccoli, kale, peppers and noodles. **Cook** 10 minutes, or until noodles begin to soften. **Add** chicken, cook 2 minutes and serve in large soup bowls.

Makes 4 servings. Per serving (about 2 cups):

232 calories | 21g protein | 3g total fat | 1g saturated fat | 1g mono fat | 1g poly fat
39mg cholesterol | 34g carbohydrate | 3g sugar | 8g fiber | 605mg sodium