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# Sick Day Chicken Noodle Soup

This sick-day chicken noodle soup, packed with tender chicken, warm broth and soft noodles, is designed to soothe and nourish when you're feeling under the weather. The combination of tender chicken breast, ginger and garlic boosts flavor, while the warm broth helps clear congestion and keep you hydrated. Ready in just 20 minutes, this soup is the perfect remedy for a cold, offering comfort and relief with minimal effort.

By **Renu Anshie Dhar** | Published on December 5, 2024

🔗 Tested by **Liz Mervosh**

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**Active Time:** 20 mins

**Total Time:** 20 mins

**Servings:** 4

## Nutrition Profile:

No Added Sugar Mediterranean Diet Sesame-Free Weight Loss Nut-Free Dairy-Free High-Protein

## Ingredients

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts, cut into ½-inch pieces
- 1 tablespoon finely chopped garlic
- 2 teaspoons chopped fresh ginger
- 1 tablespoon white miso
- ½ teaspoon salt
- 8 cups unsalted chicken broth
- 3 cups whole-wheat egg noodles (6 ounces)
- 1 cup mixed frozen vegetables
- 2 tablespoons thinly sliced scallions
- ¼ teaspoon crushed red pepper

## Directions

Step 1

Heat 1 tablespoon oil in a large Dutch oven over medium heat. Add chicken pieces; cook, stirring often, until no longer pink, about 5 minutes. Add 1 tablespoon garlic and 2 teaspoons ginger; cook, stirring constantly, until fragrant, about 1 minute.

## Step 2

Add 1 tablespoon miso and ½ teaspoon salt; stir to coat. Stir in 8 cups broth; bring to a boil over high heat. Add 3 cups noodles and 1 cup frozen vegetables; return to a simmer over medium-high heat. Reduce heat to medium to maintain simmer; cook, stirring occasionally, until the noodles are tender and the chicken is cooked through, about 8 minutes. Stir in 2 tablespoons scallions and ¼ teaspoon crushed red pepper.

## Nutrition Information

Serving Size: 2 cups

Calories 338, Fat 7g, Saturated Fat 1g, Cholesterol 83mg, Carbohydrates 31g, Total Sugars 3g, Added Sugars 0g, Protein 33g, Fiber 4g, Sodium 735mg, Potassium 488mg

## Frequently Asked Questions

### Can I make this soup and store it in the fridge? ▼

Absolutely, and that's the beauty of it! Who wants to cook when they're feeling sick? This soup can be prepared 4 to 5 days in advance, so at the first signs of fatigue, you can whip up a batch of soup and store it in an airtight container in the fridge. Then, begin to portion it out for various meals and reheat it in the microwave on Medium for about 3 minutes, stirring occasionally.

### What should I serve with Sick-Day Chicken Soup? ▼

Depending on how you're feeling or how your loved one feels, you could pair it with a side of plain crackers or Crackers with Peanut Butter. Alternatively, you might want something more substantial, like a grilled cheese sandwich. Some of our favorite grilled cheese recipes include Grilled Cheese and Tomato Sandwich, 5-Ingredient Brie and Blackberry Jam Grilled Cheese and Spanakopita Grilled Cheese Sandwiches.

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Additional reporting by Sarah Pflugrad, Ph.D., RDN, CSCS and Linda Frahm