



Gluten free Homemade Chicken Noodle Soup is ready in under 30 minutes and made with fridge and pantry staples. The recipe has been in my family for generations! That's right, this Homemade Chicken Noodle Soup is so good that the recipe has been handed down through three generations. It's the most simple homemade chicken noodle soup you could ever imagine, ready in 30 minutes, made with fridge and pantry staples, and soothes the achy/sick/sad soul. Super easy to make gluten-free, too!

Equipment

- Dutch oven

Ingredients

- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon butter
- 1 large or 2 medium carrots, peeled then thinly sliced
- 1 rib celery, sliced
- 1 shallot or 1/2 small onion, chopped
- salt and pepper
- 2 cloves garlic, minced
- 64 oz chicken stock, plus more for reheating
- 1 chicken breast, chopped into bite-sized pieces
- 8 oz gluten free spaghetti, or any short-cut pasta, broken into pieces

Directions

- Heat olive oil and butter in a large soup pot or Dutch Oven over medium heat. Add carrots, celery, and shallot, season with salt and pepper, then saute until tender, 10 minutes. Add garlic then saute for 1 more minute. Add chicken broth then bring to a boil.
- Season chicken with salt and pepper then add to boiling chicken broth along with the pasta. Turn heat down to medium then simmer, stirring occasionally, until pasta is cooked through. Taste then adjust salt and pepper if necessary and then serve.

Notes

- Add more chicken broth when reheating as noodles will continue to soak up broth.



Nutrition

Calories: 308kcal, Carbohydrates: 41g, Protein: 15g, Fat: 9g, Saturated Fat: 3g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 4g, Trans Fat: 0.1g, Cholesterol: 26mg, Sodium: 504mg, Potassium: 461mg, Fiber: 1g, Sugar: 6g, Vitamin A: 2108IU, Vitamin C: 2mg, Calcium: 21mg, Iron: 1mg