

Lunch | Dinner

Pesto Chicken and Noodle Soup

Side Effect: Dry Mouth

5 Mins
Prep Time

30-35 Mins
Cook Time

6
Servings

353 Calories **15g** Fat **22g** Carbs **26g** Protein



Ingredients

6 Servings **35-40 Mins** Total Time Allergens: Eggs, Gluten

2 Tbsp Extra Virgin Olive Oil

2 Carrots, peeled, washed and sliced

8 Cups Reduced-Sodium Chicken Broth, divided

1 lb Boneless, Skinless Chicken Breast

4 Cups Egg Noodles (dry)

½ Cup Basil Pesto

Salt and Pepper, to taste

Allergen Swap

Dairy Pesto contains cheese. Use a cheese-free pesto

Eggs Replace the egg noodles with an egg-free version

Gluten Replace the noodles with a gluten-free version

Nourishment Note



Chicken

Chicken is an excellent lean protein source. Protein needs may be elevated when going through cancer treatments.



Chicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.



Carrots

Carrots contain vitamin A. Vitamin A is important in strengthening the immune system and building healthy cells.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Heat Oil with Carrots

Over medium heat, heat olive oil in a large pot. Add the sliced carrots and cook until softened, about 5 minutes.

Use separate cutting boards for carrots and the raw chicken.

3. Add Chicken

Turn the heat to high. Add four cups chicken broth and the chicken breasts to the pot. Simmer the chicken breasts in the broth until they are cooked through and easy to shred with two forks, about 20 minutes. Wash hands and cooking utensils that touched the raw chicken meat.

4. Prepare Noodles

Remove the chicken breasts from the soup and shred. Return to the pot and add 4 additional cups of chicken broth and the noodles. Let noodles simmer in soup until tender, about 7-8 minutes.

5. Add Pesto

After noodles are tender, turn the heat to low and stir in pesto until well incorporated. Season with salt and pepper.

6. Store

Refrigerate soup within 2 hours. Soup will keep in the fridge for up to 2 days.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Large Pot



Measuring Cups



Measuring Spoons



Forks (2)



Spoon



Ladle

Fatigue Buster

- Pesto: Use jarred or pre-made pesto to reduce preparation time.
- Chicken: Use pre-shredded rotisserie chicken instead of making your own to reduce the preparation time.
- Ask a friend or family member to help with preparing this recipe.