

Homemade Chicken Noodle Soup

The best cold remedy

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INGREDIENTS

(makes about 6 portions)

- 2 medium white onions
- 2 garlic cloves
- 2 celery stalks
- 2 medium carrots
- 1 whole chicken thigh
- 2-3 tsp salt
- 10 black pepper pepper corns
- 5 all spice pepper corns
- 5 laurel leaves
- 50g noodles (fast cooking)
- 1 tsp dry thyme



DIRECTIONS

1. Peel the onions and the garlicks. Leave whole.
2. Wash the celery well, remove the ends and chop into medium pieces.
3. Peel the carrots and grate on a fine grater.
4. Take a medium pot (3-4 litres), add in the chicken thigh, the onions and garlicks, the celery, the salt, the pepper corns and the laurel leaves. Fill the pot almost full with cold water (leaving just a little room for when the soup is boiling). Cover with a lid and bring to boil.
5. Once the soup has come to boil, reduce the temperature to low just to keep it simmering. Simmer for an hour.
6. After an hour remove the chicken thigh, add in the noodles, the grated carrot and the dry thyme. Remove the skin from the chicken and shred the chicken meat. Add the chicken meat back into the pot. Cover with a lid and simmer for another 10 minutes.
7. If the onion has stayed whole through the boiling, take a fork or a spoon and press it gently against the wall of the pot to brake it into smaller pieces.
8. Taste the soup for salt and add more if needed.
9. Remove from heat and serve while still warm.