



Noodley Soup

Mmmmm soup! I love soup and I eat it all year round. Although I do keep a few cans of soup around for Soup Emergencies, I usually like to make my own. This one is not really a recipe, it's more like a quick list of things to throw in the pot. It's yummy and soothing but easy enough to make even when you are feeling like road kill.

1/3 package of fresh pasta
A few cloves of garlic
Half of a lemon
4 cups of chicken broth
Some grated cheese

First, grab a package of fresh pasta, like Fettuccini or Linguine - these are going to be your noodles. Cut them up into bite-size noodley pieces. I do this with my kitchen shears. Put about 1/3 of the noodles in your pot. You can package up the other 2/3s into two zip-top freezer bags and pop them in the freezer for your next two pots of soup.

Now chop up some garlic and add it to the pot. Then grab half of a lemon and cut off a few slices. Toss those in the pot too, and squeeze in the juice from the remaining piece of your lemon half. (Just the juice, not the seeds, silly!!) Pour four cups of chicken broth into the pot and bring it to a boil for a few minutes to cook the noodles.

Once your noodles are cooked and yummy, ladle the soup into your bowl and sprinkle on some grated cheese. And that's it - you are done! A bowl of lemony, garlicky noodley chicken goodness - perfect for warming you up and soothing a sore throat! Trust me, this stuff beats any noodle soup from a can!

If you are feeling energetic and want to bulk up the soup a bit more, you can add some chicken meat and perhaps some vegetables. Fresh spinach is wonderful wilted into this soup right before serving. Or you could probably add a bag of frozen vegetables at the beginning and let them cook in the soup.

For carb counts, you should probably consult your packages of noodles and broth. For the brands I used, 1/3 of the package of noodles was 46 grams, and the box of broth was 4 grams - bringing my pot of soup to a 50 gram total. I'd say it serves four - but honestly, I usually eat half the pot at a time.