

One-Step Chicken Noodle Soup

This soup takes a few (well, a lot of) short cuts, but it's perfect for when you're either in a hurry or under the weather--or both.

Recipe by [Debra Sanders](#) | Created on **Nov 11, 2021**

Ingredients

- 1 pound skinless, boneless chicken breast, cut into bite-size pieces
- ½ cup fusilli (corkscrew) pasta
- ½ cup finely minced onions
- 1 carrot, very thinly sliced
- 1 stalk celery, thinly sliced
- salt and freshly ground black pepper to taste
- cayenne pepper, to taste
- 2 teaspoons ketchup
- 1 sprig fresh thyme
- 4 cups chicken broth
- 2 tablespoons freshly chopped Italian parsley

Directions

- Place chicken pieces in a saucepan. Add fusilli, onions, celery, and carrots, ketchup, thyme, salt, and cayenne pepper. Pour chicken broth into pan.
- Place pan over medium-high heat and bring to a simmer. Reduce heat to medium-low and cook until vegetables soften and pasta is thoroughly cooked, stirring occasionally, 25 to 35 minutes. Stir in parsley before serving.

Nutrition Facts

Serving: **4 servings** | Calories: **175.6 kcal** | Carbohydrates: **10.4 g** | Protein: **24.9 g** | Saturated fat: **0.7 g** | Cholesterol: **64.6 mg** | Sodium: **1288.8 mg** | Fiber: **1.7 g** | Sugar: **2.8 g**

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