

Chicken Noodle Soup

In a stockpot that has been sprayed with nonstick cooking spray, sauté onions over medium heat until clear. Add water, McKay's Chicken Style Seasoning, Better Than Bouillon No-Chicken Base, parsley, carrots, celery, **Loma Linda**® Tender Bits, and barley. Simmer until carrots are tender, approximately 15 minutes. Add potatoes and simmer for another 10 minutes or until tender. Add noodles and cook an additional 10 minutes or until pasta is al dente.

*My grandsons love **Loma Linda**® Tender Bits, so when I added them to the soup, they had one more reason to love it! This soup is hearty enough to serve for lunch or dinner! Sometimes I add a cup of frozen green peas as soon as it is done cooking, which adds a bit more color and flavor! You don't have to wait for a rainy day or get a cold to enjoy Chicken Noodle Soup. This soup is good on any day! —Brenda*

- 1 medium onion, chopped
- 10 cups water
- 5 tablespoons McKay's Chicken Style Seasoning
- 1 tablespoon Better Than Bouillon No-Chicken Base
- 1 tablespoon parsley
- 1 cup carrots, sliced
- 1 cup celery, finely chopped
- 1 cup **Loma Linda**® Tender Bits, sliced in half lengthwise and diced
- ¼ cup quick barley
- 1 cup potatoes, peeled and diced
- 2 cups pasta noodles of your choice

Yield: 10 cups

(1 cup) Calories 140 Total Fat 1.5g Saturated Fat 0g Sodium 1020mg Total Carbohydrates 26g Fiber 3g Protein 6g