

Ginger and Chicken Noodle Soup

Recipe by: Chef Jonathan Poyourow, RD, LD
Serves: 6-8



Ingredients:

2 tablespoons olive oil
3 large chicken breasts, sliced thin
1 large onion, diced
3 cloves garlic, peeled and crushed
13 cups chicken stock
2 cups white wine
 $\frac{3}{4}$ cup fresh lemon juice
1 piece of fresh ginger (about 4-inches), peeled and thinly sliced
2 stalks of lemongrass (see Chef's note below)
7 whole black peppercorns
3 bay leaves
 $\frac{3}{4}$ cup carrots, peeled and sliced
2 celery ribs, diced
1 tablespoon fresh rosemary, minced
1 tablespoon fresh thyme, minced
1 (8-ounce) package egg noodles
1 large clove garlic, minced
1 tablespoon grated ginger
1 teaspoon salt
 $\frac{1}{4}$ cup chopped fresh parsley

Method of Preparation:

1. In a large stockpot, over medium heat, heat oil. Add chicken, onion, and crushed garlic cloves; cook in hot oil until chicken breast is browned and onions start to turn translucent, about five minutes.
2. Pour stock, white wine, and lemon juice over the chicken mixture; stir in sliced ginger, lemongrass, peppercorns and bay leaves into liquid. Bring to a simmer, reduce heat to medium-low, and cook for 45 minutes.
3. Remove and discard the crushed garlic cloves and bay leaves. Remove chicken breasts from the soup to a cutting board, chop into bite-size pieces and set aside.
4. Add carrot, celery, rosemary, and thyme to the stock. Reduce heat to low until the vegetables begin to soften, about 20 minutes.
5. Bring the soup to a boil. Return chopped chicken to the soup along with the egg noodles, minced garlic, and grated ginger; remove the pot from heat and let sit until noodles have softened, about 10 minutes. Season with salt, taste, and adjust as necessary. Garnish with parsley and serve.

Chef's note: To get the most flavor out of lemongrass, trim off the spiky top and the base, remove and discard the first few outer layers, and then "bruise" the stalk by lightly crushing it with a pestle, a meat mallet, or the side of a large knife or cleaver.

Nutritional Analysis:

Calories: 350
Carbohydrates: 32 g
Sodium: 650 mg
Protein: 26 g
Fat: 7 g
Fiber: 2 g

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