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Table talk and food for thought: Chicken Soup

By Guest Columnists Melanie and Cliff Fortenberry

There are times when we are all pressed for time and resources and are tired of eating meals out.

A couple of weeks ago, a \$5.84 investment in some tender chicken breasts resulted in three delicious meals for a family of four. Friday afternoon, I stopped by the local Kroger, where they were having a sale on chicken breasts. I selected a pack of three with a total price of \$5.84.

I headed home, where we carefully removed the meat from the bones and sliced them into strips for a tasty stir-fry meal of chicken fajitas in a wrap. We like the flour tortillas and include refried beans, sour cream, salsa, guacamole and sautéed peppers and onions. With all of those veggies, they were a meal in themselves. (Be sure to save the bones in a zip lock bag and refrigerate for later use.)

Saturday was one of errands and a meal out. Sunday, we found the chicken bones - with meat on them - and emptied the bag into a pot with enough water to cover the bones, and developed a tasty meal of chicken soup.



After the bones and meat had boiled until done, we removed the bones and meat and used the meat as the base for a delicious chicken salad. This was a meal that kept on giving.

The stir fry is easy to do, and the chicken salad, as well. In this column, I want to focus on the chicken soup. It is good to have on a cool night or for those times when nothing but a bowl of chicken soup will do.

Chicken Soup for the Soul

INGREDIENTS:

- Three to four chicken breasts with bones in Salt/pepper
- 1/2 cup baby carrots sliced into circles or strips
- One medium onion, sliced and chopped into small pieces (may use green onion to substitute)
- One rib celery, sliced crosswise into small crescents
- Four ounces wide egg noodles

PREPARATION:

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1. Place chicken breasts in a saucepan or pot with enough water to cover the breasts.
 2. Once water comes to a rolling boil, reduce heat to simmer, and boil for twenty to thirty minutes.
 3. Remove the bones and meat from pot and allow to cool. You can use the meat from the bones in another dish or as a base for chicken salad.
 4. Add carrots, onions, celery and noodles to the remaining broth.
 5. Allow to simmer for ten minutes until veggies and noodles are cooked tender. Enjoy the warmth and healing of chicken soup!

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