



Creamy Chicken Vegetable Noodle Soup - dairy free!

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Prep/Cook time: 25-35 minutes

Makes: 4 servings

Ingredients:

200g Kaslo Sourdough Barley Pasta

2 Cups Vegetable broth

1 cup unsweetened almond milk or can use regular 3.25% milk if you can tolerate dairy

1 cup potatoes, cubed

1 carrot, diced

1 medium onion, diced

2 celery stalks, diced

Salt and pepper to taste

1 tbsp. fresh thyme

1 cup cooked diced chicken

Method:

1. Steam potatoes for 10 minutes until soft. Cube and dice vegetables, add to a large pot with 1 tablespoon coconut oil. Fry for 5-6 minutes until vegetables are tender.

2. Add broth, milk, and thyme. Let cook on medium heat for 10 minutes. Add diced cooked chicken. Taste the soup and add salt and pepper to taste.

3. Boil water for pasta. Cook for 4 minutes, drain and add to soup. The pasta will continue cooking in the soup.

Serve and Enjoy!