



# “In Your Sleep” Chicken Noodle Soup

Makes 4 generous servings ~ \$9.75 (\$2.44 per serving)

*TIP: keep your veggie pieces all close to the same size whether you go chunky or more delicate, so they cook evenly.*

## Ingredients

3 Tbsp. Extra Virgin Olive Oil	1 medium onion, chopped
4–5 cloves garlic, minced	2 celery ribs, medium diced or cut on the bias
2 medium carrots, medium diced or cut on the bias	1 bay leaf
4 thyme sprigs	2 quarts chicken stock (see recipe below)
1 1/2 cups (6 to 8 oz by weight) leftover roast chicken meat, shredded	
4 ounces of noodles (whatever you have in your house or whatever you prefer – wide egg noodles, spaghetti, macaroni or orrechiette)	

## Directions

1. Heat olive oil over medium heat in a stock pot and add onion, garlic, celery, carrot, bay leaf and thyme. So easy, just dump it all in there and let it soften for about ten minutes, moving it around from time to time.
2. Once the veggies are soft (but not brown), add the chicken stock and bring to a boil.
3. Then add the noodles and let simmer and cook for about five minutes (this will vary depending on your noodle choice – just keep checking on them). When the noodles are done, add your chicken and simmer a bit longer to heat through.

## Homemade Stock

### Ingredients

Carrot, roughly wacked up      Celery rib, roughly wacked up      Yellow onion, cut into large chunks  
Few sprigs of whatever herb you like or have or grow—rosemary, thyme, parsley, etc  
Reserved chicken carcass that you put in the fridge from the night before and picked all the leftover meat off of

### Directions

1. Put all of the above in a stockpot and fill with water. Let simmer slowly and reduce a few inches. Just ignore it and let it cook—don't stress; this isn't the freaking French Laundry. Do it in the morning and people will come running asking you what delicious thing you are cooking, you intrepid culinary genius, all of which you assembled in the time it takes one pot of coffee to brew and it will be finished before you have to leave for work.
2. Once it has cooked for a couple hours, just pour the contents of the pot through a strainer and cool it. You can strain it twice if you want to channel Thomas Keller. Cool it in the fridge and later you can skim off the fat and impurities that have congealed at the top.

*Recipes courtesy of Erin Wade / Vinaigrette*

More tips & recipes at [www.localorganicmeals.com](http://www.localorganicmeals.com)