

Chicken Noodle Soup (Slow Cooker)



Serves	8-10
Prep time	20 minutes
Cook time	8 hours, 30 minutes
Total time	8 hours, 50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 1kg Chicken breast fillets
- 9 cups Water
- 2 Parsnips (chopped)
- 2 Carrots (chopped)
- 2 stalks Celery (chopped)
- 2 cloves Garlic (squashed with the side of a knife)
- 1 Large Leek (chopped)
- 3/4 cups Split peas (rinsed)
- 3/4 cups Dried lentils (rinsed)
- 1 tablespoon Parsley (chopped)
- Salt (to taste)
- 250g Noodles (any variety)

Optional

- 375ml Light evaporated milk
- 250g Soft tofu (sliced into thin strips)

Directions

1. Put everything in the slow cooker, except the noodles. Add additional water if the chicken and vegetables are not covered. Cook on low for 8 hours.
2. Remove the chicken breasts and add the noodles.
3. Shred the chicken and add back into the slow cooker. Cook for another 30 minutes or until the noodles are cooked.
4. Serve.



Note

Low Chemical / Failsafe, Moderate Salicylates

Variations:

1. For a creamier version add in the light evaporated milk at step 1 and use 1 cup less water.
2. For a Low Chemical version, swap the carrot and parsnip for potato and swede.
3. If you don't like tofu, this can be left out.

Note: the amine levels in meat increase with longer cooking times. If amines aren't tolerated this soup can be made in a large saucepan on the stove top with a much shorter cooking time. Cut the chicken breasts into 2 or 3 pieces for quicker cooking.