Cooking Thyme with Stacie

Turkey or Chicken Noodle Soup

3 cups leftover roast turkey or chicken, shredded

1 cup of carrots, peeled and sliced

1 cup celery, chopped

1 onion (about 1 cup), chopped

2 TB unsalted butter

6 cups chicken broth

1 TSP Kosher salt

1/2 TSP freshly ground pepper

4 sprigs of fresh thyme

3 TB unsalted butter

3 TB all-purpose flour

2 red potatoes, peeled and diced 1/2"

1/2 cup heavy whipping cream

3 cup egg noodles, cooked

In a large Dutch oven melt 2 tablespoons of butter over medium-low heat. Next add the carrots, celery, and onions. Cook about 10 minutes or until the vegetables are softened and the onions are translucent. Pour in the chicken broth. Add the diced red potatoes and fresh thyme sprigs. Bring the soup to a boil, then reduce heat and simmer about 10 minutes until the potatoes are cooked.

In a separate pot, cook the egg noodles according to the package directions. I tend to cook them a bit underdone so they can finish cooking in the broth later. (About 8 - 9 minutes)

Once cooked, drain and set aside.

Next you will prepare the roux to thicken your soup.

In a small pot melt 3 TB of butter. While whisking, add the 3 TB of all-purpose flour, cook about 3 minutes.

Once the potatoes have finished cooking, remove the stems of thyme from the soup. Gently whisk in the roux in to the soup. Add the cooked turkey or chicken and 1/2 cup of heavy whipping cream, salt and pepper. Just heat through. Add the reserved egg noodles right before serving. (The noodles are like sponges and will soak up the broth, I only add as much pasta as needed to serve right then, reserving some extra for future portions of soup.)

Adjust the salt and pepper to your taste.

Recipe by CTWS