

Treasure Barrel

Ginger Garlic Chicken Noodle Soup Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Soup

- [ ] 1 tbsp olive oil
- [ ] 1 medium yellow onion, chopped
- [ ] 2 large carrots, peeled and sliced
- [ ] 2 celery stalks, sliced
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons fresh ginger, grated
- [ ] 8 cups low-sodium chicken broth
- [ ] 1 lb boneless, skinless chicken breasts
- [ ] 1/2 tsp black pepper
- [ ] Salt to taste

For the Noodles & Garnish

- [ ] 6 oz wide egg noodles
- [ ] 1/4 cup fresh parsley, chopped
- [ ] Freshly sliced green onions (optional)

Instructions

1. First, let's create our beautiful base of flavor. Place a large pot or Dutch oven over medium heat and add the olive oil. Once it shimmers just a little, add the chopped onion, sliced carrots, and celery. Let them cook gently for about 5-7 minutes, stirring occasionally with a wooden spoon, until the onion becomes translucent and everything is just starting to soften. We're not looking for color, just a gentle sweat to release their natural sweetness. The kitchen should already start smelling wonderful and inviting.

2. Now for the stars of the show. Add the minced garlic and grated ginger to the pot with the softened vegetables. Oh, that smell is just divine! Stir them constantly for about one minute until they become incredibly fragrant. You have to be a little watchful here, as you don't want them to burn, which can make the soup taste bitter. This quick step blooms their flavors, ensuring the finished broth is packed with that signature zesty warmth. It's my favorite part of the process, honestly.

3. Pour in all 8 cups of the chicken broth, using your spoon to scrape up any little flavorful bits that might be stuck to the bottom of the pot. Gently nestle the whole chicken breasts into the liquid and season with the black pepper. Bring the soup to a gentle simmer, then reduce the heat to low, cover the pot, and let it cook for about 15-20 minutes. The chicken should be cooked through and beautifully tender. This slow simmer keeps the chicken moist and allows its flavor to meld wonderfully with the broth.

4 Carefully remove the cooked chicken breasts from the pot and place them on a cutting board to cool for a moment. Once they're cool enough to handle, use two forks to shred the meat into lovely bite-sized pieces. While you're doing that, add the egg noodles to the simmering broth back in the pot. Let them cook according to the package directions, usually about 7-9 minutes, until they are perfectly tender. Return the shredded chicken to the pot, stir in the fresh parsley, and season with salt until it tastes just right to you. Give it one last gentle stir and it's ready to be ladled into warm bowls.

Nutrition per serving

320 kcal	32 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your broth seems to be evaporating too much during the simmer, feel free to add a splash more broth or even a little water to the pot. Every stove is a little different, so it's good to keep an eye on it and adjust as you go.
- For an extra-rich broth, you could use bone-in chicken breasts. Just remove the skin before simmering, and be sure to cook it a bit longer, until the meat easily pulls away from the bone. It adds a beautiful, deep flavor that is so worth it.
- If you love one-pan meals that are better than takeout, this soup has that same satisfying feel. For another idea, check out this Chinese Beef and Broccoli.
- Don't skip the fresh parsley at the end! It might seem like a small detail, but that little bit of fresh, herbaceous flavor really brightens up the whole dish and cuts through the richness of the broth beautifully.