

Chicken Noodle Soup Recipe - 1 Point Value - LaaLoosh

<http://www.laaloosh.com/2008/07/08/w eight-w atchers-chicken-noodle-soup-recipe/>

December 26, 2011

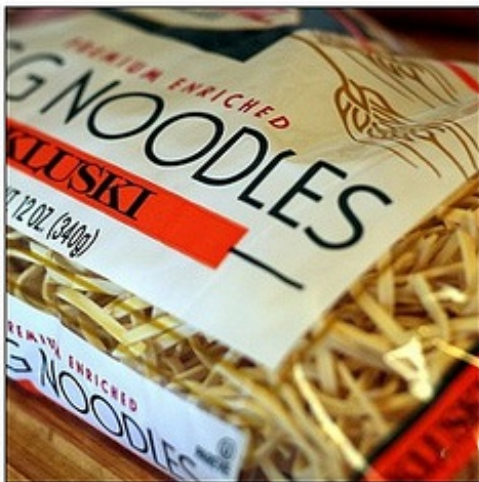


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There's nothing that feels better when you're sick (or really, anytime for that matter) than a good old fashioned bowl of homemade chicken soup. But with this Weight Watchers chicken noodle soup recipe, you can still enjoy a traditional homemade soup, yet still be able to avoid lots of extra fat and calories and stay within your Points range. Make a big batch of chicken noodle soup in your crock pot for the whole family! Or freeze individual servings for later — this is one of my favorite things to do. That way, you'll have some prepared meals on hand for

emergencies. And by emergency, I mean feeling too lazy to cook. You can just pop one out of the freezer and reheat! This Weight Watchers crock pot recipe is so easy to prepare and makes such a yummy, low calorie chicken soup!

Weight Watchers Chicken Noodle Soup Recipe

Ingredients:

- 1 chicken whole, no skin, cut up
- 2 medium Carrots — peeled and chopped
- 1/2 cup onion — peeled and chopped
- 2 Stalks celery — coarsely chopped
- 2 1/2 teaspoon Salt
- 2 teaspoon parsley
- 3/4 teaspoon marjoram
- 1/2 teaspoon basil
- 1/4 teaspoon Poultry seasoning
- 1/4 teaspoon Pepper
- 1 Bay leaf
- 2 qt Water
- 2 1/2 cups egg noodles

Directions:

Place the first 4 ingredients in a 3 1/2-quart slow cooker in the order listed. Combine salt and the next 6 ingredients; sprinkle over vegetables. Add 6 cups water; cover and cook on low setting for 8 to 10 hours. Remove chicken and bay leaf; add remaining 2 cups water. Stir in noodles and cook, covered, on high setting for 20 minutes. Meanwhile remove bones from chicken and cut chicken into bite-size pieces. Add to slow cooker, stir to mix. Cook for 15 minutes on high setting, covered or until noodles are tender. Makes 3 1/4 quarts.

Entire Recipe makes 13 servings

Each serving = 1 cup

Each Serving = 1 Weight Watchers Point



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