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Chicken Noodle Soup - Progresso Style

Serves:	Calories per serving:
Prep time: 20 minutes	Cook time: 20 minutes
2 tbsp Butter or Olive oil 2 large carrots 2 stalks of celery 1 tsp onion powder 1 tsp garlic powder 12 cups chicken broth 1 lb Chicken breasts 1 tsp sugar 1 tsp tomato paste 1 tsp nutritional yeast	Chop the carrots into rounds and the celery into 1/2 pieces. In a large soup pot, heat the butter or oil over medium high heat. Add the vegetables and saute 5-10 minutes until beginning to soften. Add the onion and garlic powder and saute for 1-2 more minutes. Then add 8 cups of broth (reserve the rest in case you need it later). Cook the vegetables for 5-10 minutes in the broth. Once the broth has come to a boil. Add the whole chicken breasts to the pot. Add the sugar, tomato paste, and nutritional yeast. Simmer until chicken is cooked through (15-20 minutes). Once chicken is cooked through, pull out chicken breasts and set aside. Also pull out 1/2 cup of the carrots and put them in a small bowl.
5 oz egg noodles	Add the egg noodles and more broth if needed. Cook for 6 minutes. While the noodles are cooking, chop the chicken into cubes to be added at the end. Mash the carrots with a potato masher or fork or put in a blender.
2 tbsp cornstarch 2 tbsp cold water 1 tbsp fresh parsley 1 tbsp chives	Once the noodles are cooked, add your chicken and carrot puree. Mix together cornstarch and cold water into a small bowl and then add this to the pot, stirring vigorously to avoid lumps. Taste the broth to determine if it is salty enough and add more salt if needed. Mince the fresh parsley and chives and add to the pot right before serving.