

Chicken Noodle Soup (Sick Day Soup)

(Serves 4)

- 14 g olive oil
- 450 g chicken thighs (boneless, skinless), cut into 2–3 cm pieces
- 6 g garlic, finely chopped
- 4 g fresh ginger, chopped
- 1 T white miso
- ¼ tsp salt (optional; adjust at end)
- 4 cups water
- 4 cups stock made with regular bouillon or Youki granules at ½-strength
- 170 g whole-wheat egg noodles (dry)
- 150 g mixed frozen vegetables
- 2 T sliced scallions
- ¼ tsp crushed red pepper
- Optional: 0.3–0.5 g MSG



INSTRUCTIONS

1. Heat oil in a large pot over medium heat. Add chicken and cook, stirring, until no longer pink.
2. Add garlic and ginger; cook 1 minute until fragrant.
3. Stir in miso and optional salt. Add water and prepared ½-strength stock; bring to a boil.
4. Add noodles and frozen vegetables. Reduce to a simmer and cook until noodles are tender, about 8 minutes.
5. Stir in scallions, crushed red pepper, and optional MSG. Adjust seasoning after noodles finish cooking.

NOTES

- Uses the Stock Strength & Sodium ½-strength system (~450 mg sodium per cup).
- Always adjust seasoning after noodles cook, as they absorb salt late.
- A small splash of rice vinegar or lemon juice at the end enhances perceived saltiness without adding sodium.

NUTRITION (per serving)

Kcal: 430 | Protein: 34 g | Fat: 14 g | Sat. Fat: 3 g | Carbs: 43 g | Sugars: 4 g | Fiber: 5 g | Sodium: 1,150 mg | Omega-3: 0.25 g

NUTRITION (whole dish)

Kcal: 1,720 | Protein: 136 g | Fat: 56 g | Sat. Fat: 12 g | Carbs: 172 g | Sugars: 16 g | Fiber: 20 g | Sodium: 4,600 mg | Omega-3: 1.0 g