

Homemade Chicken Noodle Soup



Super easy and flavorful chicken soup for the soul. Make it from scratch, full of love and comfort, and loaded with chunks of tender chicken, fresh vegetables, and perfectly al dente egg noodles. Hearty, healthy, and effortless!

Course	Main, Soup
Cuisine	American
Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes
Servings	6
Calories	399kcal
Author	Imma

Ingredients

- 1 tablespoon (14g) butter or olive oil
- 1 medium yellow onion
- 2 teaspoons (10g) minced garlic
- 1 cup (110g) sliced celery (2 large or 3 medium stalks)
- 1 bay leaf
- 2 teaspoons (4g) minced thyme
- 1 teaspoon (3g) Italian seasoning
- 1 teaspoon (3g) white pepper (or black pepper)
- ½ teaspoon (1-2g) paprika
- 4-5 chicken thighs (bone-in, skin removed)
- 1-2 teaspoons (4-8g) chicken bouillon (optional)
- 1½ cups (360g) diced carrots
- 6 cups (1.5l) chicken broth
- 6 ounces (170g) egg noodles
- salt and pepper to taste

Instructions

1. Heat the oil in a large pot over medium. Sauté the onion, garlic, celery, bay leaf, thyme, Italian seasoning, white pepper, and paprika for 2-3 minutes or until onions wilt.
2. Add the chicken thighs and bouillon. Cook for 1-2 minutes.
3. Add the carrots and broth, and add enough to cover the chicken if necessary.
4. Bring to a boil, reduce the heat, and simmer for about 20 minutes or until the chicken is cooked through. Transfer the chicken to a plate, let it cool enough to remove the meat from the bones, shred the meat, and save the bones to make stock later.



5. Deglaze the pot with a cup of broth, and stir to scrape all those delicious bits from the bottom of the pot.
6. Add the noodles and shredded chicken to the soup. Add water to cover if needed. Cover and cook, stirring occasionally, for 6-8 minutes or until the noodles are al dente.
7. Adjust seasoning to taste with salt and pepper. Enjoy hot.

Notes

- Save time with leftover baked or rotisserie chicken.
- Add shiitake mushrooms for more healing nutrition.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1 cup | Calories: 399kcal | Carbohydrates: 32g | Protein: 23g | Fat: 20g | Saturated Fat: 6g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 8g | Trans Fat: 0.2g | Cholesterol: 128mg | Sodium: 1439mg | Potassium: 666mg | Fiber: 5g | Sugar: 6g | Vitamin A: 10513IU | Vitamin C: 9mg | Calcium: 93mg | Iron: 2mg



Vegetable Beef Soup



Vegetable Beef Soup is a super comforting and hearty soup loaded with fresh vegetables and delicious chunks of tender beef in a tomato-based broth. It's seasoned with herbs and Creole seasoning and simmered to perfection until thick and flavorful. A **quick, easy, and effortlessly delicious one-pot meal** that is ready in 45 minutes!

Course	Soup
Cuisine	American
Prep Time	15 minutes
Cook Time	45 minutes
Total Time	1 hour
Servings	4 - 6
Calories	685kcal
Author	Imma

Ingredients

- 1-1½ pound beef stew meat, cut into about 1-inch cubes
- 2 tablespoons cooking oil
- 1 large onion, diced (about 1½ cups)
- 4-5 cloves garlic, minced
- ½ teaspoon ginger, minced
- 1-2 bay leaves
- 2 teaspoon thyme
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1 tablespoon [Creole seasoning](#)
- 2 stalks celery , diced (about ½ cup)
- 1 14-ounce can (400g) diced tomatoes
- 5-6 cups beef broth or water
- 1 medium carrot , diced (1 1/2 cups)
- 1 Russet potato, cut in chunks
- 1 10-ounce bag frozen baby lima beans
- 1 tablespoon Worcestershire sauce
- 1 tablespoon beef bouillon or a beef bouillon cube (optional)
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add the beef sauté, frequently stirring any browned bits off the bottom of the pot until the meat is brown. Drain oil if necessary.
2. Add onions, garlic, ginger, bay leaf, thyme, oregano, and saute for about 3-4 minutes until onions wilt.



3. Then add paprika, Creole seasoning, celery, and tomatoes.
4. Pour in beef stock or water, potatoes, carrots, lima beans, beef bouillon, and Worcestershire sauce.
5. Bring to a boil, cover, and simmer until beef is tender, about 25-35 minutes—season with salt and pepper to taste.
6. Serve warm with bread or [cornbread](#).

Notes

- If you don't have Creole seasoning, Italian seasoning (you can check my homemade version [HERE](#)) works fine, but of course, there'll be a slight difference with how it tastes.
- You can use beef stew meat, as I did, or go with either chuck shoulder, chuck roast, chuck-eye roast, or top chuck.
- For a thicker and stew-like consistency, cut back the beef stock down to 2 cups.
- If cooking this on a slow cooker, don't forget to brown the meat first before dumping it into the slow cooker.
- Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used in the recipe.

Nutrition

Calories: 685kcal | Carbohydrates: 17g | Protein: 84g | Fat: 29g | Saturated Fat: 8g | Cholesterol: 221mg | Sodium: 965mg | Potassium: 1674mg | Fiber: 2g | Sugar: 3g | Vitamin A: 3450IU | Vitamin C: 10.6mg | Calcium: 65mg | Iron: 8.2mg



Green Gumbo



If you think gumbo is all about seafood or sausage, let me introduce you to green gumbo—a bold, leafy twist on a Southern classic. This pot is bubbling over with juicy shrimp, smoky sausage, and a whole lot of greens. Your favorite gumbo just got a garden-fresh makeover, and it's as fabulous as it sounds.

Course	dinner, Main Course
Cuisine	Cajun, Southern
Prep Time	10 minutes
Cook Time	1 hour
Total Time	1 hour 10 minutes
Servings	6
Calories	449kcal
Author	<u>Imma</u>

Ingredients

- 1-1½ pounds (450-700g) shrimp, peeled and deveined
- 1 teaspoon (4-5g) Creole seasoning
- salt and pepper to taste
- 2 tablespoons (30ml) canola oil, peanut oil, or any neutral-flavored cooking oil
- 8 ounces (225g) smoked sausage
- ¼ cup (56g) unsalted butter
- ¼ cup (30g) all-purpose flour
- 1 medium onion, diced
- 2 teaspoons (10g) minced garlic
- 1 tablespoon (1g) minced thyme
- 1 medium green bell pepper, diced
- 2 bay leaves
- 2 stalks celery, chopped (about ¾ cup)
- 6 cups (1400ml) or more shrimp stock, chicken broth, or vegetable broth
- 4-5 cups (920-1120g) greens (collards, mustard, turnip, kale, etc.)
- 1 tablespoon (12g) Creole seasoning (I used salt-free)
- 1 tablespoon (12g) chicken bouillon powder or 1 cube
- ½ tablespoon (6g) smoked paprika
- 2 teaspoons (4g) gumbo file
- 2 green onions, chopped
- 2 tablespoons (7-8g) parsley, chopped

Instructions

1. Season the shrimp with Creole seasoning, salt, and pepper. Heat a tablespoon of vegetable oil (or peanut oil) in a Dutch oven over medium heat, add the shrimp, saute for a minute or two,



- and remove from the pan. Set aside.
2. Add smoked sausage, brown for 3-5 minutes, remove, and set aside with the shrimp.
 3. Add the remaining oil, butter, and flour to the pan, and cook on medium heat, stirring continuously, for 10-15 minutes or until it turns a rich dark brown color (like chocolate). Please don't leave the stove during this process because it burns quickly.
 4. When the roux achieves the desired color, add the onion, garlic, thyme, green pepper, bay leaves, and celery, and cook for 8-10 minutes, stirring frequently.
 5. Follow with 6 cups of stock, bouillon powder, Creole seasoning, and smoked paprika, bring to a boil, and simmer for 15-20 minutes. Add the greens and continue cooking for another 10 minutes. Toss in the shrimp and sausage, and simmer for another 2-3 minutes.
 6. Stir in the gumbo file, green onions, and chopped parsley. Adjust the soup's thickness and flavor with broth and salt.
 7. Serve with a bowl of steaming rice.

Notes

- Stir the roux constantly while cooking low and slow until deep brown (like chocolate).
- Add a small ham hock for extra flavor.
- Season shrimp and add 2-3 minutes before the end to prevent them from overcooking and becoming rubbery.
- Add the spices at different stages for a richer taste.
- Add more stock if it's too thick, and add a pinch more gumbo file if it's too thin.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 200g | Calories: 449kcal | Carbohydrates: 23g | Protein: 30g | Fat: 27g | Saturated Fat: 10g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 10g | Trans Fat: 0.4g | Cholesterol: 191mg | Sodium: 2557mg | Potassium: 945mg | Fiber: 3g | Sugar: 3g | Vitamin A: 4934IU | Vitamin C: 69mg | Calcium: 206mg | Iron: 4mg

