



Slow-Cooker Asian Chicken Noodle Soup

Gluten free, 6 servings

Chicken noodle soup is a classic, but we couldn't resist playing with the flavors in this Asian-inspired variation. Ginger, toasted sesame oil and Tamari flavor the broth which has plenty of time to develop in the slow cooker. Smarts: Feel free to play with the noodles you use in this soup. Ramen noodles would be a fun, authentic option.

Active 30 min **Total** 6 hr 30 min

Slow Cooker Asian Chicken Noodle Soup

- Carrots - 12 oz, diced
- Onions, medium - 1 1/2, diced
- Garlic - 6 cloves
- Bok choy or baby bok choy - 12 oz, sliced
- Noodles, gluten-free fusili - 9 oz (sub any gluten-free noodle)
- Stock, any type - 7 1/2 cups
- Tamari - 3/8 cup
- Vinegar, rice - 3 Tbsp
- Oil, toasted sesame - 3 tsp
- Chili garlic sauce - 1 1/2 tsp
- Mushrooms, shiitakes - 7 1/2 oz, sliced (look for pre-sliced)
- Ginger - 1 1/2 Tbsp, grated
- Chicken thighs, boneless and skinless - 1 7/8 lbs
- Limes - 1 1/2, wedges

Prep

1. Carrots / Onions / Garlic / Bok choy - Prep as directed. Combine carrots, onions and garlic in one container. Store bok choy separately. (Can be done up to 5 days ahead)
2. Noodles - Double if making Wednesday's meal. Cook noodles according to package directions. (Can be done up to 4 days ahead)
3. Slow-cook soup - Combine carrots, onions, garlic, stock, Tamari, vinegar, toasted sesame oil, chili garlic sauce and mushrooms in the bowl of a slow cooker. Grate ginger over top. Add chicken thighs. Slow cook until chicken is tender, 6 to 7 hours on low or 3 to 4 hours on high. (If you prefer to use the stovetop, season chicken in some oil in a Dutch oven. Season with some salt and pepper as it cooks. Add carrots, onions, garlic and mushrooms and saute for 4 to 5 minutes. Add stock, Tamari, vinegar, toasted sesame oil, chili garlic sauce and ginger. Simmer until chicken is cooked through, ~25 minutes.)
4. Limes - Slice limes into wedges.

Make

1. About 10 minutes before serving, remove chicken from slow cooker and shred with a knife and fork. Return chicken to slow cooker. Stir in bok choy. Continue cooking on high for 10 minutes to let the bok choy soften.
2. When soup is finished, squeeze half the lime wedges over top. Taste and season with some more Tamari or some salt.
3. Divide noodles (remember to reserve half if doubled) between bowls. Ladle soup over top. Enjoy soup with lime wedges on the side. Add some hot sauce if you'd like more spice.

Nutrition per Serving (4 Servings Total)

Calories 493 Total Fat 11g Saturated Fat 2g Trans Fat 0g Cholesterol 177mg Sodium 1918mg Total Carbs 51g Dietary Fiber 5g Sugars 9g Protein 51g