

## Turkey Noodle Soup

*Serves: 6 | Serving Size:*

2 cups cooked cubed turkey  
3 cups diced veggies: peppers, carrots, celery and onions  
2 cups dried pasta noodles  
4 cups chicken broth  
2 cups water  
1/2 cup chopped parsley  
1 teaspoon thyme  
1 teaspoon powder

Place all ingredients in large pan; bring to a boil; lower to a simmer and cook 10 minutes or until noodles are done. Serve hot.

Serves 6. Each serving: 266 calories, 2g fat, 1g saturated fat, 0g trans fat, 90mg cholesterol, 213mg sodium, 27g carbohydrate, 5g fiber, 0g sugars, 30g protein.© Food and Health Communications