

Homemade Chicken Noodle Soup

¾ pound boneless skinless chicken breast, cut into ½-inch pieces
2 medium stalks celery, sliced
2 medium carrots, sliced
1 medium onion, chopped
2 cloves garlic, finely chopped
4 (14.5 oz.) cans reduced sodium chicken broth
1 cup finely chopped broccoli
1 teaspoon dried parsley
1 teaspoon dried thyme
1 bay leaf
1 cup uncooked whole wheat blend rotini

Heat all ingredients except pasta in a large soup pot over high heat to boiling, stirring occasionally. Stir in pasta and return to boil, stirring occasionally. Reduce heat and cook uncovered for 10-15 minutes, stirring occasionally until pasta and vegetables are tender. Remove and discard bay leaf.