

U The Lexingtonienne U

TARRAGON CHICKEN NOODLE SOUP

- 1 lb chicken*
- 5-6 carrots, washed and peeled
- 5-6 celery stalks
- 1 medium onion
- 3-4 cloves garlic, lightly crushed
- 1 bunch tarragon
- 1 bay leaf
- 3 (32-oz) boxes Swanson chicken broth
- 2 C (approx) egg noodles
- Salt & pepper to taste

**You can use bone-in, skin-on or boneless, skinless. You can use dark or white meat or both. I made mine with chicken tenders this time because I didn't want a gargantuan-size batch of soup, and the chicken tenders came in the smallest package -- 1 pound.*

Place chicken in a heavy stockpot. Salt & pepper it. Add:

- 2 carrots and 2 celery stalks, left whole or cut small enough to fit into your pot
- 1/2 the onion, cut into large chunks
- garlic
- 1/2 the tarragon, in large sprigs (no need to chop)
- bay leaf
- 1 box chicken broth, or enough to cover the chicken by about 1 inch

Bring to a simmer over high heat, then turn down the heat so that the liquid barely bubbles. Cook partially covered until your chicken is cooked through -- the juices should run clear when pierced with a fork. This will take about 8-12 minutes for boneless, skinless chicken breasts (my chicken tenders took 8 minutes), or 25-30 minutes for chicken parts.



Meanwhile, chop and set aside:

- remaining carrots
- remaining celery stalks
- remaining 1/2 onion
- remaining tarragon (leaves only, no stems)

When finished poaching, remove the chicken to a plate or bowl and cover with aluminum foil. Set aside. Strain vegetables, garlic, herbs, and bay leaf from the pot so that only the chicken broth remains. (Discard everything but the broth.)

Add another box of chicken broth to the pot and bring it to a boil. Add chopped carrots, celery, and onion, and cook for about 15 minutes. Add several turns of black pepper. Meanwhile, cut chicken into bite-size chunks or use two forks to shred it. Reduce heat, add chicken and chopped tarragon to the broth, and cook over low heat, partially covered, for about 20 minutes.

Turn heat to high so that the broth boils, add egg noodles, and cook until egg noodles are done, about 10 minutes. Add more chicken broth as needed.

You can eat it right away, but of course, it's even delicious-er the next day.

