

MUFFIN TIN SOUPS

Make your soup as usual...pour into a muffin tin (or several), freeze it, and now you have ready made single serve portions whenever you need them! Once they are completely frozen remove them from your muffin tins and store them in a large zip lock bag. Just pop out 1 or 2 or however many you need, place into a microwave safe bowl and voila...homemade soup in minutes!!!

Ingredients:

- Chicken breasts or pieces (cooked)
- 1/2 cup chopped onion (optional)
- 1 clove of garlic minced (optional)
- 1-liter (34 oz.) chicken broth
- 1 cup of diced carrots (or whatever veggie you eat)
- 1/2 cup of diced celery
- 1 cup of egg noodles

What to do:

- 1) Cook the chicken, place diced chicken in your saucepan with onion, garlic and a couple tablespoons of water. Cover and cook.
- 2) Once the chicken is cooked, add broth, carrots and celery and bring to boil. Simmer until vegetables are cooked, but still crunchy. Add noodles, cook for 5 minutes and serve.
- 3) Place leftovers in muffin tins, freeze, then remove individual servings, place in zip lock bag and store for future use.