

Chicken Spaetzle Soup

Serves 14



2 T. olive oil
1 onion, quartered
2 stalks celery, cut into big chunks
2-1/2 c. carrots, chopped, divided
3-1/2 lb. whole chicken (without neck or giblets)
14 c. water, more if needed
2 eggs
2/3 c. plain soy milk
2 c. flour
1/2 t. kosher salt
Salt and pepper to taste



In a large pot, heat oil over medium high heat. When oil is hot, add onion, celery and 1/2 c. carrots and cook for 4-5 minutes, stirring occasionally. Add chicken and brown on all sides. Add water to cover. Bring to a boil, reduce heat to a low simmer and cook for one hour. Add water if needed to keep chicken covered.

Remove chicken and set aside to cool slightly. Remove all of the solids from the pot and discard. Increase heat to high and bring stock to a boil. When chicken has cooled enough to touch, remove all of the skin and bones. Shred chicken into bite-sized bits and return to the pot. Add carrots to the pot, and return to a boil.

In a bowl, beat eggs until they are foamy. Add half of the soy milk, flour and salt and combine. Add remaining soy milk, flour, and salt and combine. By hand, combine until the dough is elastic but not sticky. Add more flour or soy milk if needed.

Using a spaetzle maker, drop spaetzle into the pot. Bring to a boil, reduce heat to a simmer. Cook for about 4-5 minutes or until carrots are tender.

Estimated Calories: 292 cal/serving