

Jeff's Impossibly Difficult Chicken Udon Soup

3 Boneless, Skinless Chicken Breasts

8 Cups Chicken Broth

2 Carrots Pealed and Diagonally Sliced

4 Ribs Celery Diagonally Sliced

Udon Noodles or Other Pasta

1 TBS (or so) Soy Sauce

Oil to Coat Bottom of Pan

Heat a 4 qt saucepan over high heat. Add oil to coat bottom. Sauté chicken breasts in oil until just done. Remove chicken. Turn up the heat and make sure there is either some liquid left or add oil to stir-fry the vegetables while you shred or cut the chicken, add stock. Add the shredded chicken to the pot. Bring to a boil then reduce heat to the lowest setting. Add noodles (at least 8 oz, dry). Simmer for at least an hour adding water to cover any evaporation and keep the soup to the consistency desired. When the noodles are sufficiently soft, add the soy sauce and simmer for a couple more minutes.