



SOUP IS SERVED

The largest bowl of soup ever made held more than 8,000 gallons and was prepared by 45 chefs.



WARNING!
Always ask an adult's permission before using a knife or the stove.

Make easy, tasty chicken noodle soup

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 large carrot, sliced
- 1 large stalk celery, chopped
- 2 cloves garlic, grated
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 8 cups chicken broth
- ½ cup filini or orzo pasta
- 3 cups rotisserie chicken, shredded
- Juice of 1 lemon
- 3 tablespoons chopped fresh dill

Instructions

1. Heat oil in a large pot over medium heat.
2. Add the onion, carrots, and celery and cook until the vegetables are softened, about 4 minutes.
3. Add the garlic, salt, and pepper and cook 1 minute.
4. Pour in the broth and bring to a boil.
5. Add the pasta to the broth mixture and cook until al dente (firm), according to the package directions.
6. Reduce the heat to a simmer and stir in the chicken. Heat until warmed through, about 3 minutes. Stir in the lemon juice and chopped dill. Serve hot. Makes 6–8 servings.



LIFE HACK

PROTECT YOUR EYESIGHT

It's important to take care of your eye health—your eyes are still developing through childhood and adolescence, and preventing problems now will protect your vision in the long run. There are several steps you can take to protect your eyes. First, take frequent breaks from screens, and try to get outside for at least two hours every day. Get enough sleep, which allows your eyes to rest and recover from the day's activities. Most eye injuries can be prevented with protective eyewear. If you play sports, wear protective eyewear to avoid injuries. Also protect your eyes from the harmful effects of the Sun's rays with sunglasses that have 100% UV protection.

Shield your eyes from the Sun.

