

# Cooking Thursdays

We are Queen's Occupational Therapy students and are working with Oasis to focus on promoting nutrition. We are trialing a program that will aim to provide education on the basics of nutrition and give the opportunity to learn new recipes with the use of a slow cooker.



**What:** Trial nutrition program

**When:** Thursday, March 19th

**Where:** Common Room

**Why:** To learn about healthy eating and gain new recipe ideas

## To Do:

1. Sign-up using the sign-up sheet attached and provide a donation of \$4 to secure your spot - the donation will be used to pay for the recipe ingredients and ensure you a meal
2. Take the option to join us at 12:00pm on Thursday, March 19th in the common room kitchen to prepare and add the ingredients to the slow cooker
3. Come to the social lounge at 4:45pm for a brief educational session on the nutritional benefits of this recipe and to eat dinner!!

# Easy Crockpot Chicken Noodle Soup

## (March 26th)

This chicken noodle soup recipe will be sure to warm and fill your tummy. It's not only tasty but it is easy and fast! It contains many great nutrients and uses low-sodium and gluten-free ingredients to cater to various diets.



**Prep Time** 20 minutes

**Cook Time** 4 hours 40 minutes

**Servings** 12-16 servings

### Ingredients: (doubled)

- 3 lb. boneless skinless chicken breasts
- 2 large onion, chopped
- 6 carrots, peeled and sliced into coins
- 4 stalks celery, sliced
- 8 tsp. sprigs fresh thyme
- 8 tsp. sprigs fresh rosemary
- 6 cloves garlic, minced
- 2 bay leaf
- Kosher salt

- ❑ Freshly ground black pepper
- ❑ 20 c. low-sodium chicken broth
- ❑ 16 oz. egg noodles

**Directions:**

1. In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour in broth.
2. Cover and cook on high for 4 hours. Remove chicken from slow cooker and shred with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add egg noodles.
3. Cook on low, covered, until al dente, 20 to 30 minutes.

Name	Dietary Restrictions	Drop-in \$4 Donation
1.		
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