

Old School Cafeteria Noodles: The Ultimate Comfort Food Recipe

To make these authentic cafeteria-style noodles, you will need:



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20 min

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INGREDIENTS

12 oz Egg Noodles: Wide or extra-wide work best for soaking up the sauce.

4 tbsp Butter: Use unsalted so you can control the sodium.

1 can (10.5 oz) Condensed Cream of Chicken Soup: This is the "secret sauce" for that nostalgic flavor.

2 cups Chicken Broth: This helps thin the soup into a silky glaze.

1/2 tsp Garlic Powder: For a subtle savory depth.

1/2 tsp Onion Powder: Essential for that "slow-cooked" taste.

1/2 tsp Black Pepper: To cut through the richness.

1/2 tsp Salt: Adjust this at the very end.

DIRECTIONS

- 1. Cook the Noodles:** Bring a large pot of water to a rolling boil. Add a generous pinch of salt. Cook the egg noodles according to the package instructions-usually about 7 to 9 minutes. You want them tender but not mushy. Drain them and set aside, but do not rinse them! The starch on the noodles helps the sauce stick.
- 2. Prepare the Creamy Base:** In the same pot you used for the noodles (to save on dishes!), melt the 4 tablespoons of butter over medium heat. Once melted, whisk in the can of condensed cream of chicken soup and the 2 cups of chicken broth. Whisk until the mixture is completely smooth and starts to simmer gently.
- 3. Season the Sauce:** Stir in the garlic powder, onion powder, and black pepper. Give it a taste before adding salt, as the canned soup and broth often contain a fair amount of sodium already.
- 4. Combine and Coat:** Add the cooked noodles back into the pot with the sauce. Use a large spoon or tongs to gently toss the noodles until every ribbon of pasta is coated in that golden, creamy liquid.
- 5. Simmer and Set:** Turn the heat to low and let the noodles sit for 3 to 5 minutes. This is a crucial step! The noodles will absorb some of the liquid, thickening the sauce into a rich glaze.

SWAPS & NOTES

Make it Vegetarian: Simply swap the chicken broth for

vegetable broth and the cream of chicken for cream of mushroom or cream of celery soup.

The Noodle Factor: If you don't have egg noodles, fettuccine or rotini are decent substitutes, though they won't have quite the same "school lunch" feel.

Add Protein: Stir in some shredded rotisserie chicken or canned

tuna to turn this into a full meal.

Cook the Noodles Bring a large pot of water to a rolling boil.

TIPS FOR SUCCESS

Don't Overcook the Pasta: Egg noodles cook fast.

Keep an eye on them so they maintain a bit of "bite." **Whisk the Sauce Well:** Ensure there are no clumps of condensed soup before adding the noodles back in.

Fresh Herbs: If you want to "adult" this recipe up, sprinkle some fresh parsley or chives on top before serving.

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