# RECIPE

# **Classic Chicken Soup**

This comforting one-pot dish is easy to prepare and perfect for those cold winter evenings!

Makes: 6 servings Prep Time: 10 minutes Cook time: 20 minutes

Source: Adapted from Tasty

#### Ingredients

- 2 tablespoons oil
- 1 large onion, chopped
- 3 large carrots, sliced or diced
- 4 stalks celery, chopped
- 3 cloves garlic, chopped
- 2 cups frozen broccoli
- 8 cups low sodium chicken broth
- 8 ounces egg noodles
- 3 cups shredded rotisserie chicken
- salt, to taste
- black pepper, to taste

#### **Directions**

- 1. Heat oil in a large soup pot over medium heat. Add the onion, carrots, and celery and cook until vegetables are softened, about 10 minutes.
- 2. Stir in the garlic and cook for 1 minute until fragrant. Add the stock and bring to a boil.
- 3. Add the frozen broccoli and noodles and reduce to low heat. Simmer soup until noodles are al dente.
- 4. Shred rotisserie chicken and stir into the soup. Continue cooking for 2 more minutes, until chicken is warmed through.
- 5. Season to taste with salt and pepper. Ladle soup into bowls and enjoy!



# Small Changes, BIG Difference!



#### **Nutrition Information**

Serving Size: 2 cups Nutrients	Amount
Nutrents	Amount
Calories:	299
Total Fat:	<u>8 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	<u>73 mg</u>
Sodium:	<u>651 mg</u>
Total Carbohydrates:	<u>18 g</u>
Dietary Fiber:	<u>3 g</u>
Total Sugars:	<u>5 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>36 g</u>

#### **Utensils Needed**

- · Cutting board
- Sharp knife
- Large soup pot



## **SHOPPING LIST**

Average total cost without oil and seasonings: \$9.06

Average cost/serving: \$1.13

**Recipe Makes: 8 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

### Ingredients

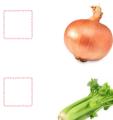


Add 1 to Cart Carrots, 1 bunch



Add 1 to Cart Frozen Broccoli

Add 1 to Cart



Add 1 to Cart 1 Large Onion

Add 1 to Cart Fresh Celery, 1 bunch



Add 1 to Cart Egg Noodles, 1 package

**Reduced Sodium Chicken** 

or Vegetable Broth, 32 ounces



Add 1 to Cart Garlic, bulb



Add 1 to Cart Rotisserie Chicken

My Cooking Notes

# SAVE TIME, SAVE MONEY

### **Cooking Tips**

 If you are making it to eat through out the week, cook noodles in a separate pot. Keeping the noodles and soup separate when storing in the fridge; so that the noodles do not soak up all the liquid from the soup.

#### **Similar Recipes**

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
  - Chicken, Broccoli & Pasta Bake
  - Herb Roasted Chicken with Vegetables
  - White Chicken Chili

