

Chicken Soup

This chicken soup recipe is a great way to use leftover cooked chicken or turkey. This dish is easy, delicious, and healthier than the typical chicken soup that comes in a can.

Makes: 3 Servings

Source: Washington State University
Photo Source: cookingmatters.org



Small Changes,
BIG Difference!

Ingredients

- 2 tsp vegetable oil
- ½ of a medium onion, chopped
- 3 large carrots, chopped
- 1 tsp thyme, ground
- 2 garlic cloves, minced
- 2 cups water, or no sodium chicken broth
- 1 can (15 oz) diced tomatoes, no sodium added, drained
- 1 cup chicken, cooked, skinned and cubed
- 1 cup whole wheat pasta, cooked (or brown rice)
- 1 cup kale, chopped, about one large leaf

Directions

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for one more minute.
3. Add water or broth, tomatoes, cooked pasta or rice, chicken and kale.
4. Simmer for 5-10 minutes.



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	240
Total Fat:	6 g
Saturated Fat:	1 g
Sodium:	110 mg
Total Carbohydrates:	29 g
Dietary Fiber:	7 g
Protein	19 g

Utensils Needed

- Medium sauce pan
- Cutting knife
- Measuring cups and spoons
- Stove
- Serving bowl and spoon



My Cooking Notes

