



Chicken Soup



1-800-WIC-1007

Recipe source: www.chopchopmag.org

Ingredients

- 2 tablespoon canola or olive oil
- 1 onion, diced
- 2 celery stalks, diced
- 2 carrots, peeled and sliced
- 8 cups low-sodium chicken broth
- ½ cup brown rice, barley, or small whole wheat pasta, uncooked
- 2 cups cooked, shredded chicken

Directions

1. Place a large pot on medium heat. Once the oil begins to sizzle, add the cut-up onion, celery, and carrots. Allow to cook for 10-15 minutes until tender.
2. Add the chicken broth and bring to a boil. Lower the heat and simmer for another 10 minutes.
3. Add the rice, barley, or pasta and cook until soft (10 minutes for pasta, 25 minutes for brown rice/barley).
4. Add the chicken and stir. Cook until heated through, about 3-5 minutes.
5. Serve immediately or let cool and refrigerate for up to 3-4 days.

Serves: 6 • Serving Size: 1-2 cups • Prep Time: 10 minutes • Cook Time: 20 minutes

Chef Tips

Try different flavor combinations!

1. **Lemon:** add 1 bay leaf and the zest of one lemon when adding the stock (Remove bay leaf before serving)
2. **Herb:** add 1 tablespoon herbs de Provence when adding vegetables
3. **Greens & Parmesan cheese:** add 2 cups fresh spinach leaves and ½ cup Parmesan cheese when adding chicken at the end, just before serving
4. **Mexican:** add tortilla chips and ¼ cup chopped cilantro instead of grains – serve with a lime wedge
5. **Tortellini:** add tortellini instead of other grains – a kid favorite!



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Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Large pot
- Wooden spoon
- Vegetable peeler

Nutrition Facts Per Serving: 200 Calories, 8 g Fat, 13 g Carbohydrate, 22 g Protein, 340 mg Sodium