**Chicken Soup**

**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

**Supplies**

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

**Chef Tips**

Try different flavor combinations!

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

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

Recipe source: [www.chopchopmag.org](http://www.chopchopmag.org)