

Recipe: Chicken Vegetable Soup w/ Kale



Photo credit: MyPlate.gov

Number of servings: 3

Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

Ingredients

- 2 teaspoons vegetable oil (or cooking oil of choice)
- 1/2 cup onion, chopped
- 1/2 cup carrots, chopped
- 1 teaspoon thyme, dried
- 2 garlic cloves, minced
- 2 cups water (or low-sodium chicken broth)
- 3/4 cup tomatoes, diced
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown rice, cooked (or white rice)
- 1 cup kale, chopped (about one large leaf)

Instructions

1. Wash hands with soap and water.
2. Heat oil in a medium sauce pan. Add onion and carrots. Sauté (cook over high heat in oil) until vegetables are tender, about 5 to 8 minutes.
3. Add thyme and garlic. Sauté (cook over high heat in oil) for one more minute.
4. Add water or broth, tomatoes, chicken, cooked rice, and kale.
5. Simmer for 5 to 10 minutes.

Nutrition Facts

Amount Per Serving 1 cup

Calories 177

Total Fat 5g

Saturated Fat 1g

Trans Fat

Cholesterol 44mg

Sodium 257mg

Total Carbohydrate 17g

Dietary Fiber 3g

Sugars 3g

Added Sugars 0g

Protein 16g

Vitamin D 0mcg

Calcium 72mg

Iron 1mg

Potassium 514mg