



Chicken Vegetable Soup

With Kale

Makes 3 servings



Washington Farmers
Market Nutrition Program

Ingredients:

- 2 teaspoons oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1 teaspoon thyme
- 2 cloves garlic, minced
- 2 cups chicken broth or water
- 3/4 cup diced tomatoes
- 1 cup cooked chicken, skinned and cubed
- 1/2 cup cooked rice (*brown or white*)
- 1 cup chopped kale, stem removed (*about one large leaf*)

Directions:

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



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Nutrition Facts	
Serving size: 1/6 of recipe (324g)	
Servings Per Recipe 6	
Amount Per Serving	
Calories 313	Cal. from Fat 14
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 467mg	20%
Total Carbohydrate 62g	20%
Dietary Fiber 7g	30%
Sugars 0g	
Protein 14g	
Vitamin A 70%	Vitamin C 155%
Calcium 8%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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Options:

- Try using another green in place of the kale such as collards, Swiss chard, mustard greens, or spinach.
- Substitute cooked noodles for the rice.
- To make a vegetarian version, substitute cooked beans or tofu for the chicken.
- Try using different herbs or fresh herbs in place of thyme.
- If fresh tomatoes are not in season, use canned.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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