



QUICK CHICKEN NOODLE SOUP

MACROS | SERVING SIZE
Protein 35 g | Fat 6 g | Carbs 51 g

% CALORIES OF MACROS | SERVING SIZE
Calories 380 | Protein 36% | Fat 13% | Carbs 52%

NUTRIENTS | SERVING SIZE
Fiber 9 g | Sodium 275 mg | Sat. Fat 1 g

NOTE: Nutrition analysis is based on the high values for the ingredients when a range is provided. Spices/herbs listed in the recipe are excluded from the analysis due to having little impact on the macro and featured micro levels.

INGREDIENTS (serves 4)

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| 32 oz. low-sodium chicken broth | 5-6 oz. whole wheat or whole grain penne pasta |
| 15 oz. frozen mixed vegetables | Pepper |
| 1 small yellow onion | Garlic powder |
| 2 bay leaves (optional) | Dried basil |
| 8-10 oz. of boneless chicken strips, frozen | |

DIRECTIONS

- Pour the chicken broth in a large pot with the frozen mixed vegetables and bring to a boil on the stove over medium-high heat. (If you have bay leaves on hand, then add two to the pot.)
- While the broth and vegetables are simmering, dice the onion.
- Place the frozen boneless chicken strips in microwave-safe dish with 1 cup of water and the diced onions, cover and microwave on high for 2 minutes.
- Remove the chicken from the microwave, cut into bite-sized pieces, and add the chicken and the onions with liquid to the pot.
- Add box of penne pasta to the pot of broth, chicken, and vegetables.
- Turn down the heat to prevent the liquid from boiling over and simmer for about 8 minutes or until the pasta is tender. Season to taste with pepper, garlic powder, and just a few dashes of dried basil.
- Serve this hearty soup in a deep bowl alongside a piece of your favorite fresh fruit.

DIETITIAN TIP

A great way to use up leftovers or stretch the meats is by getting creative and making a soup. Keep a few cans of stewed or diced tomatoes, low sodium broth and legumes at the ready. Combine with canned, fresh or frozen produce and season as desired.

NUTRITION EDUCATION

Soups are a great way to use up leftovers and a very simple strategy to add nutrient dense, powerhouse foods like vegetables and whole grains to your meals. Believe it or not, there is a "Quick Method" for soup that makes a budget friendly, healthy meal that tastes like it simmered all day on the stove. All it takes is a little creativity and keeping a few "starter items" on hand.

The healthiest soups are low-fat and low-sodium. The best way to keep fat and calories in check is to use low-fat meat (lean pork or beef) and poultry (skinless turkey or chicken) or drained and rinsed canned legumes/beans (kidney beans, black beans, etc.). Be sure to keep the sodium in check by using fresh or frozen vegetables that are not in a sauce and/or low-sodium canned vegetables that have been drained and rinsed and low-sodium broth/stock. Instead of using salt for seasoning, add a variety of flavors by experimenting with spice and herb combinations such as garlic, pepper and rosemary, curry and garlic or chili powder, pepper, cilantro and garlic.

