



Chicken and Vegetable Soup

SERVING: 2 CUPS
YIELD: 6

PREP TIME: 10 MINS
TOTAL TIME: 1 HOUR

Ingredients

- Cooking Oil Spray
- 1 lb Chicken Breast Boneless Skinless, cubed
- 1 tsp Poultry Seasoning
- 1 tbsp Buttery Spread (Smart Balance)
- 1 tsp Minced Garlic
- 2 cups Carrots, chopped
- 2 cups Celery, chopped
- 1 pkg (12oz) Frozen Green Beans
- 1 pkg (10oz) Frozen Corn
- 2 (32 oz) cartons Unsalted Chicken Broth
- 1 tsp Worcestershire sauce

Seasonings

- 1 tsp Dried Parsley
- ½ tsp Basil Leaves
- ½ tsp Oregano Leaves
- ½ tsp Mustard Powder
- 1/4 tsp Cayenne Pepper
- ¼ tsp Black Pepper

Directions

1. Coat a large pot with cooking oil spray over medium high heat. Add the chicken and sear on each side for about 4-6 minutes, until a golden crust develops.
2. Remove the chicken and set aside. Let it rest for 10 minutes, then dice or shred.
3. Melt buttery spread in the same pot over medium heat. Use a silicone spatula to “clean” the bottom of the pot. This will work the brown “fond” into the broth, which adds a ton of flavor.
4. Add the carrots, and celery and soften for 5 minutes.
5. Add the garlic, Worcestershire sauce, and seasonings. Stir to combine.
6. Add the chicken broth. Bring to a boil, then reduce to a simmer. Add the chicken back to the soup along with any juice from the plate and simmer, uncovered, for 15 minutes.
7. Add the frozen vegetables. Cover partially and simmer for 10-15 more minutes. Serve!

Nutrition Facts

6 servings per container
Serving size 2 Cups (0.0g)

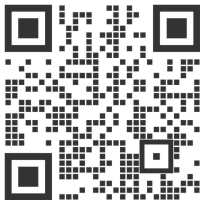
Amount Per Serving
Calories 190

% Daily Value*

Total Fat	3.5g	4%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	50mg	17%
Sodium	170mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber	5g	18%
Total Sugars	6g	
Includes 0g Added Sugars		0%
Protein	23g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1.4mg	8%
Potassium	370mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Cost information includes lower cost ingredients found at local grocery store 01/19/23.



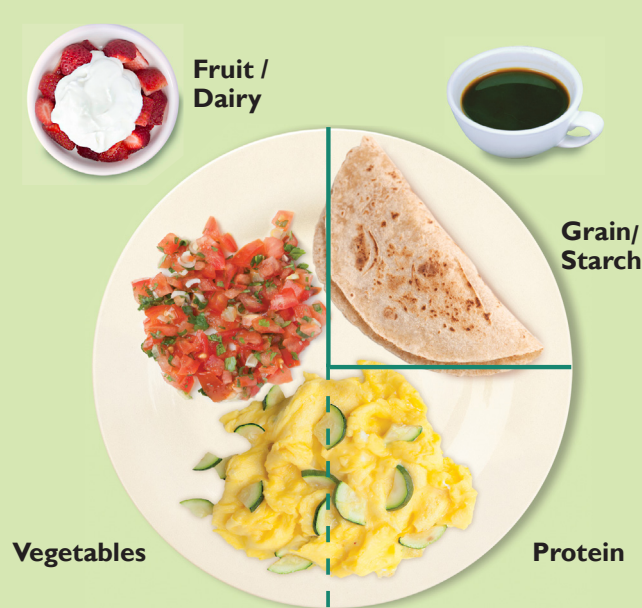
Cost Per Recipe

\$10.72

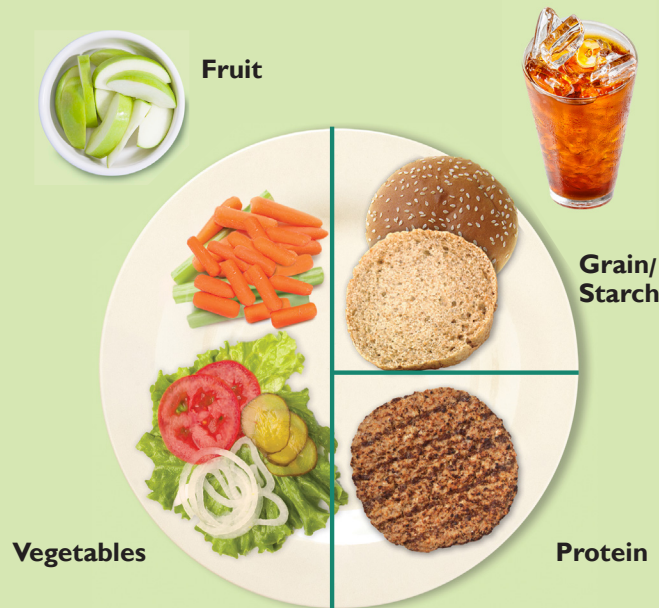
Cost Per Serving

\$1.79

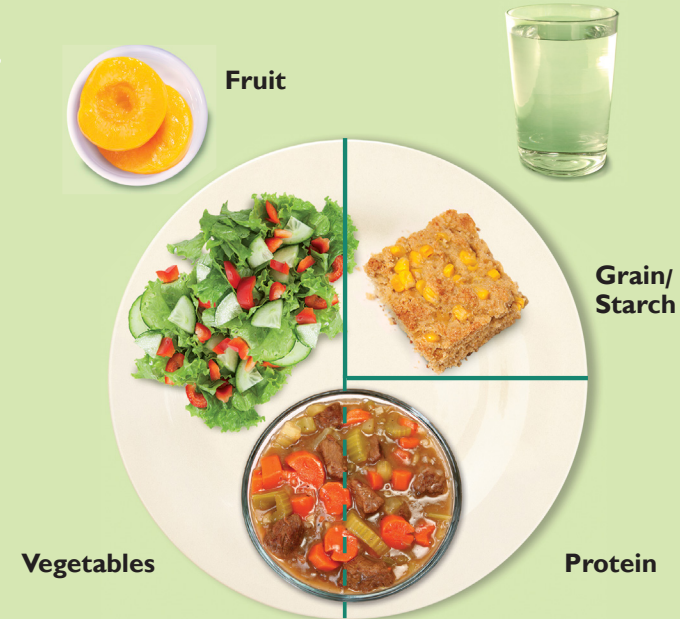
More Ideas for MY NATIVE PLATE



Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

Ways to Add Variety to Meals and Snacks

Vegetables and Fruits

Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

Examples

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

Proteins

Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

Grains and Starches

Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash