

Vegetable Soup with Chicken

Makes: 6 Servings

This soup can be prepared quickly in one pot for lunch or dinner.

Ingredients

- 1 **can** chicken (about 12 ounces)
- 3 **cups** water
- 3 ears corn (or 1 can low-sodium whole kernel corn)
- 1 **can** low-sodium peas (about 15 ounces)
- 1 **pound** fresh carrots (peeled and diced, or 1 can, about 15 ounces, low-sodium carrots)
- 2 **pounds** potatoes (peeled and diced, or 2 cans, about 30 ounces, low-sodium sliced potatoes)

Directions

1. In a large pot, heat the chicken and water over medium to high heat until hot.
2. Cut the kernels off the ears of corn.
3. Add the corn kernels and all other ingredients to the pot and boil for 10 seconds.
4. Lower the heat and simmer for about 30 minutes.

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

Cookbook: A Harvest of Recipes with USDA Foods. Adapted from a recipe by Natalie Gibson, San Pasqual Reservation



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	3.5 g	
Protein	21 g	
Carbohydrates	49 g	
Dietary Fiber	9 g	
Saturated Fat	1 g	
Sodium	305 mg	