

Homemade Chicken Soup

Makes: 14 or 56 Servings

14 Servings

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Ingredients	Weight	Measure	Weight	Measure
Chicken breast, boneless, skinless	2 lbs		8 lbs	
Olive oil, divided		1/4 cup + 1 Tbsp		1-1/4 cups
Mixed vegetables, frozen, thawed		3 cups		12 cups
Black pepper, ground		1 tsp		4 tsp
Chicken broth, canned		10 cups		40 cups
Evaporated milk, canned		1-1/2 cans		6 cans
White rice, long grain		1-1/4 cups		5 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	328	
Total Fat	10 g	
Protein	33 g	
Carbohydrates	26 g	
Dietary Fiber	2 g	
Saturated Fat	2 g	
Sodium	362 mg	

Directions

1. Heat 2 Tbsp of olive oil over medium high heat in large pot. Add chicken and thawed vegetables to pot and cook about 10 minutes, flipping once. Remove chicken.
2. Add remainder of olive oil and cook 3 - 5 minutes longer.
3. Add broth, rice and evaporated milk, bring to a boil and reduce to simmer. Cook about 20 minutes.
4. Add chicken and cook another 5 -10 minutes.

Notes

Serving Tips:

Try this soup with brown rice, turkey or beans to make a whole new lunch recipe!