

Quick Chicken & Vegetable Soup

Makes: 4 servings

Ingredients

- 1 onion (chopped)
- 1 can tomatoes (16 ounce, broken up)
- 1 can chicken broth, low-sodium (14 ounce)
- 1/2 cup chicken, cooked and chopped
- 1 package mixed vegetables (10 ounce frozen)
- 1/4 teaspoon thyme
- 1/8 teaspoon pepper
- 1/8 teaspoon salt

Directions

1. Use only cooked chicken for this recipe.
2. Peel and chop the onion, to make 1 tablespoon of chopped onion.
3. Use a fork to pierce the tomatoes and break them up into pieces.
4. Put the tomatoes and broth in the pan. Cook on medium heat until they boil.
5. Add the onion. Turn the heat to low, and simmer for 5 minutes.
6. Add the remaining ingredients.
7. Cover the pan.
8. Cook for 10 minutes over low heat until vegetables are tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	2.5 g	4%
Protein	10 g	
Carbohydrates	16 g	5%
Dietary Fiber	4 g	16%
Saturated Fat	0.5 g	3%
Sodium	310 mg	13%

Notes

This easy recipe has much less sodium than canned soups.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes