



CHICKEN SOUP

MATERIALS:

Colander	Measuring cups
Cutting board	Mixing spoon
Large pot	Sharp knife
Measuring spoons	Vegetable peeler

INGREDIENTS:

- 1 medium onion, cut in quarters
- 1 (4-5 pound) whole chicken or chicken parts
- 14 cups water
- 1 celery stalk
- 2 cups leafy greens, such as kale, spinach or chard
- 2 medium carrots
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup whole wheat pasta

Serves: 8

Serving Size: 1 ½ cups

*Recipe from Share Our Strength's Cooking Matters®

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DIRECTIONS:

1. In a large pot, cover onion and chicken with water. Bring to a boil. Reduce heat and simmer for 40 minutes.
2. Lift chicken from pot and set aside to cool. In a colander, strain broth. Refrigerate broth until ready to make soup. Discard onions, as they will be too overcooked to eat.
3. When chicken is cool, pull meat from the bones. Shred or chop it, discarding any skin or bone. Refrigerate until ready to add to soup.
4. Rinse celery and leafy greens. Remove any tough stems from greens. Tear leaves into bite-sized pieces.
5. Rinse and peel carrots. Dice carrots and celery.
6. In a large pot, add carrots, celery, greens, salt, pepper, and strained broth. Bring to a boil over high heat. Reduce heat and simmer for 15-20 minutes.
7. Add pasta. Keep simmering until pasta is tender, about 8 minutes.
8. Add cooked chicken. Simmer 1-2 minutes more.

Chef's Notes:

- Instead of making broth, skip steps 1-3, use canned chicken broth and precooked chicken in this recipe instead.
- Use 1 cup of any pre-cooked whole grains you like. Try barley, quinoa, or brown rice. If you do this, skip step 7. Add grains with chicken in step 8.
- To decrease fat, remove most of chicken skin while it is still raw. Or, skim fat from top of broth.