Chicken Vegetable Soup with Kale

Serving Size: ⅓ recipe
Yield: 3 servings

Ingredients

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- ½ cup chopped carrot
- 1 teaspoon ground thyme
- 2 cloves garlic, minced
- 2 cups water or chicken broth
- ¾ cup diced tomatoes
- 1 cup chicken meat, cooked, skinned, and cubed
- ½ cup brown or white rice, cooked
- 1 cup chopped kale

Instructions

1. Heat oil in a medium sauce pan.
2. Add onion and carrot.
3. Sauté until vegetables are tender, about 5 to 8 minutes.
4. Add thyme and garlic. Sauté for 1 minute longer.
5. Add water or broth, tomatoes, cooked rice, chicken, and kale.
6. Simmer for 5 to 10 minutes.
Nutrition information:
Calories: 180
Carbohydrate: 17 gm
Fiber: 3 gm
Fat: 5 gm
Protein: 17 gm
Cholesterol: 40 mg
Sodium: 80 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.


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