

Chicken Vegetable Soup with Kale

Yield 3 servings

Ingredients

2 teaspoons	vegetable oil
1/2 cup	onion (chopped)
1/2 cup	carrot (chopped)
1 teaspoon	thyme (ground)
2	garlic clove (minced)
2 cups	water (or chicken broth)
3/4 cups	tomatoes (diced)
1 cup	chicken, cooked, skinned and cubed
1/2 cup	brown rice, cooked (or white rice)
1 cup	kale (chopped, about one large leaf)

Instructions

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

Cost

Per recipe: \$3.33

Per serving: \$1.11

Source

Washington State University, [The Washington Senior Farmers Market Nutrition Program Puyallup Research and Extension Center](#)

Nutrition Facts

Serving Size 1/3 of recipe (353g)
Servings Per Container 3

Amount Per Serving

Calories 180 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 85mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 17g

Vitamin A 150% • Vitamin C 60%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
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Total Fat	Less than	65g	80g
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Saturated Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate		300g	375g
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Dietary Fiber		25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4