

# Bountiful Backpack

## Chicken Vegetable Soup

Serves: 12

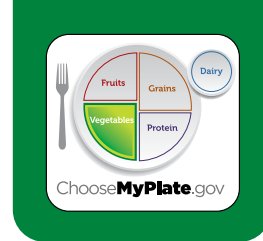
Serving Size: 1 cup

### Ingredients:

- 6 cups water
- 6 bouillon cubes, chicken flavored, low-salt
- 1 (15.5 ounces) can of sliced potatoes
- 2 (12.5 ounces) cans of chicken
- 1-2 tablespoons onion flakes
- 2 (15.5 ounces) cans of mixed vegetables, drained
- 1/8 teaspoon pepper

### Directions:

1. In a large saucepan boil 6 cups of water. Add 6 bouillon cubes and stir until they disappear.
2. Stir in potatoes, chicken, onion flakes, mixed vegetables, and pepper. Bring to a boil.
3. Cover, reduce heat, and simmer for 30 minutes. Serve.



### Nutrition Facts

12 servings per container

**Serving size** 1 cup (290g)

Amount Per Serving

**Calories** 190

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 0mg	0%
Vitamin A	30%
Vitamin C	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.