



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Chicken Vegetable Soup



Serves: 12

Serving Size: 1 cup

Ingredients:

- 6 cups water
- 6 reduced sodium bouillon cubes, chicken flavored
- 1 can (15.5 ounces) of sliced potatoes, drained and rinsed
- 2 cans (12.5 ounces) chicken, drained and rinsed
- 1-2 Tablespoons onion flakes
- 2 cans (15.5 ounces) of mixed vegetables, drained and rinsed
- 1/8 teaspoon black pepper

Directions:

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

Nutrition Facts

12 servings per recipe

Serving size 1 cup (290g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 440mg 19%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 17g 34%

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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and this work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.

© 2025, South Dakota Board of Regents

S-0010-01-Chicken-Vegetable-Soup