



**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.

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