

PREPARATION: 25 MINUTES

RESTING: 45 MINUTES

SERVINGS: 12

# HEARTY CHICKEN NOODLE SOUP



## Nutrient Analysis

PER SERVING: 1 Cup

RENAL EXCHANGE: 1 Meat + 1 Starch + 1 Vegetable

Calories	<b>169 Kcal</b>	Sodium	<b>81 mg</b>
Protein	<b>12 g</b>	Potassium	<b>363 mg</b>
Total Carbohydrate	<b>15 g</b>	Phosphorus	<b>144 mg</b>
Fiber	<b>2 g</b>	Calcium	<b>30 mg</b>
Sugars	<b>2 g</b>	Iron	<b>1 mg</b>
Fat	<b>7 g</b>	Magnesium	<b>26 mg</b>
Saturated	<b>1 g</b>	Vitamin C	<b>30 mg</b>
Cholesterol	<b>25 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

# HEARTY CHICKEN NOODLE SOUP

## INGREDIENTS

¼ cup olive oil

2 large chicken breasts, cubed  
(total of 1 lb)

1 cup yellow onion, diced

1 cup celery, diced

½ cup carrots, diced

½ cup red peppers, diced

3 cups cabbage, chopped

1 cup green peppers, diced

1 tablespoon garlic, minced

1 teaspoon ground coriander seeds

1 teaspoon dried thyme

Freshly ground pepper to taste

1 bay leaf

3 cups chicken broth  
(use a **no salt added** product)

4 cups water

2 tablespoons lemon juice

1½ cups small pasta  
(for example: small shells)

¼ cup freshly chopped parsley

## PREPARATION

- 1** In a large 4 quart heavy bottomed pot, heat oil over medium-high heat for 1 minute and add chicken breast to brown lightly.
- 2** Add all vegetables and spices and continue to cook for 8–10 minutes, stirring frequently.
- 3** Add broth, water and lemon juice to the vegetable–chicken mix.
- 4** Cover, turn to high heat and bring to a boil (2 minutes). Reduce heat to minimum and let simmer 20 minutes.
- 5** Add pasta and finish simmering for 5–10 minutes depending on the size of the pasta.
- 6** Before serving, sprinkle fresh parsley on top and serve.

## SUGGESTION

- ✓ *Freeze in portions, reheat in the microwave and you can have a hearty meal in minutes!*



Presented by



Favorably reviewed by

