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Country Chicken Soup

Ingredients:

- 1 onion, chopped
- 3 carrots, sliced
- 2 stalks celery, sliced
- 1 teaspoons salt
- 3 Tablespoons dry parsley flakes
- ¼ teaspoon pepper
- 1 2½ pound whole chicken, skinned
- 4 cups water
- 1 (10-ounce) package frozen peas (optional)
- 1 cup noodles

Makes 8 servings - 18% calories from fat

Instructions:

1. Place all ingredients in crockpot, except noodles, in order listed, cover and cook on low for 8-10 hours.
2. One hour before serving, remove chicken to cool slightly.
3. Remove meat from bones and return meat to crock-pot.
4. Cook noodles according to directions on package. When noodles are cooked, drain and add to soup. Warm in crock-pot for 15 minutes and serve.

Note:

- If using cold or leftover noodles; add to soup and warm in crock-pot for 15 minutes.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 470mg	20%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 33g	
Vitamin A 90%	Vitamin C 20%
Calcium 6%	Iron 15%
*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
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.