

## Nutritional information

Nutrient	Per Serve	Per 100g
Energy	754.50kj	300.36kj
Protein	18.87g	7.51g
Total Fat	5.04g	2.01g
Saturated Fat	1.37g	0.54g
Carbohydrate	14.67g	5.84g
Sugar	4.99g	1.99g
Fibre	>4.67g	>1.86g
Sodium	1332.00mg	264.00mg

Nutritional analyses are estimated calculations based on "Food Works"<sup>TM</sup> computer software

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Shop 5/580 Main North Road, Gepps Cross. S.A. 5094  
 Ph. 8262 7345 E: eayfeast@yahoo.com.au  
[www.communityfoodsa.org.au](http://www.communityfoodsa.org.au)

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 healthy home-cooking made easy!

PLU481

# Chicken and Vegetable Soup

**This meal pack includes:**

**Dry Ingredients:**

184g tin mushrooms  
 425g can corn kernels  
 6 tsp low salt chicken stock powder  
 1 tablespoon soy sauce  
 pepper

**Fresh Ingredients:**

1 brown onion  
 2 cloves garlic  
 2 stalks celery  
 2 large carrots  
 6 spring onions

**Frozen Ingredients:**

1 pack chicken meat 250g

Preparation time: 30 minutes    Cooking time: 45 minutes

**Serves 6**



Developed by Community Foodies in conjunction with  
 Community Food SA

# Chicken and Vegetable Soup

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## Time required

Preparation time: 30 minutes

Cooking time: 45 minutes

## Ingredients

- 1 brown onion
- 1 large clove garlic
- 2 stalks celery
- 2 large carrots
- 6 tsp low salt chicken stock powder
- 1 ½ Litres water
- 6 spring onions
- 184g tin mushrooms
- 425g can corn kernels
- 250g chicken meat
- 1 tablespoon soy sauce
- pepper

## Cooking instructions

1. Peel and dice onion, and crush or chop garlic.
2. Dice celery and carrot, and slice spring onions
3. Drain mushrooms and rinse.
4. Drain corn kernels and rinse.
5. Place onion, garlic, celery, carrots, water and stock powder into a saucepan, and bring to the boil.
6. While waiting, remove skin from the chicken if present.
7. Once boiled, add the chicken and simmer for 10 minutes.
8. Remove the chicken. Using a fork shred the chicken, removing meat from the bone if present.
9. Return chicken meat to the pot with the mushrooms, spring onions, corn kernels and soy sauce.
10. Bring back to the boil and simmer a further 10 minutes.
11. Season to taste with pepper.

## Tips and ideas

- Add in any other vegetables you like, e.g. potatoes, chick peas, zucchini, pumpkin, or a tin of creamed corn.
- Serve with fresh multigrain or wholemeal bread.