



# Chicken Vegetable Soup with Kale

**Servings:** 3

**Serving Size:** 1/3 of Recipe

## Ingredients:

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1 carrot, washed and chopped
- 1 teaspoon dried thyme
- 2 garlic cloves, chopped
- 1/2 cup rice, cooked
- 1 small bunch kale, rinsed and chopped
- 1 cup cooked chicken, chopped
- 2 medium tomatoes, washed and chopped
- 2 cups water or chicken broth

## Directions:

1. Heat oil in a medium sauce pan.
2. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
3. Add thyme and garlic. Sauté for 1 minute.
4. Add water or broth, tomatoes, cooked rice, chicken, and kale.
5. Simmer for 5-10 minutes.

## Nutrition Facts

Serving Size 1/3 recipe  
Servings Per Container 3

Amount Per Serving

**Calories 190**      **Calories from Fat 50**

**Total Fat 6g**      **9%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 25mg**      **8%**

**Sodium 430mg**      **18%**

**Total Carbohydrate 19g**      **6%**

Dietary Fiber 3g      **12%**

Sugars 5g

**Protein 19g**

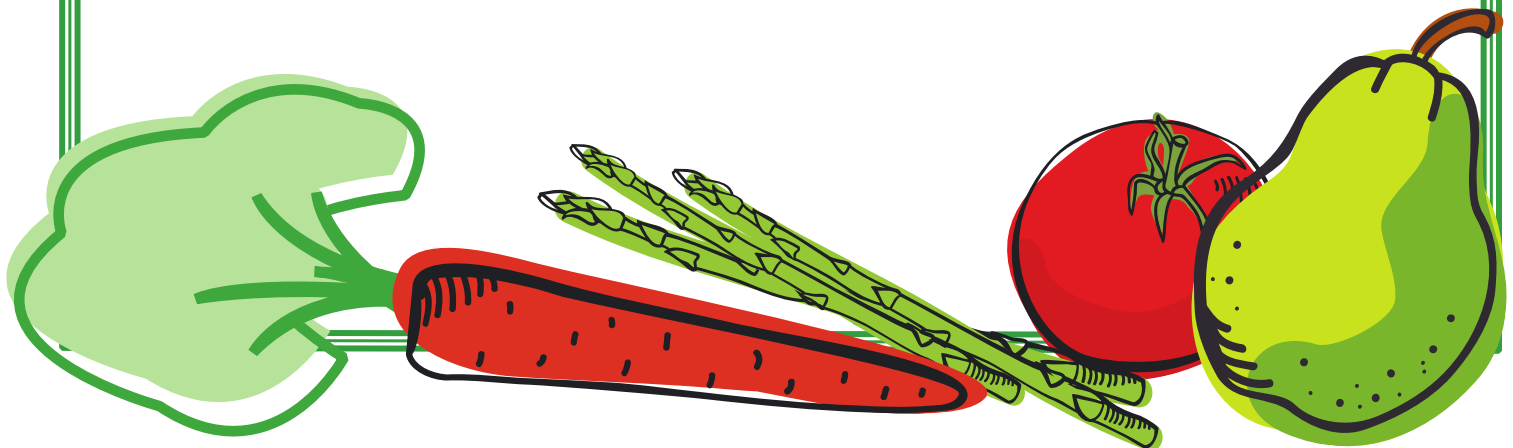
Vitamin A 90%      •      Vitamin C 30%

Calcium 6%      •      Iron 8%

\*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



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