



Chicken Noodle Soup

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
3	onions, diced	3
5.5 lbs	boneless, skinless chicken, raw and diced	2.5 kg
6	carrots, finely diced	6
6 stalks	celery, finely diced	6 stalks
4 cloves	garlic, minced	4 cloves
18 cups	chicken broth (see recipe in the Basics section) or low-sodium broth	4.5 L
4 cups	peas (frozen)	1 L
½ cup	parsley or chives	125 mL
8 cups	noodles, cooked (about 500 g/1 lb dry)	2 L
2 tsp	salt	10 mL

Instructions

1. Heat oil in a large pot. Add onions and sauté until soft.
2. Add chicken pieces and cook, stirring occasionally for about 15 minutes.
3. Add carrots, celery, and garlic and cook for another 15 minutes.
4. Add chicken broth and bring stock to a gentle boil.
5. Lower heat and simmer for 30 minutes. Add peas. Simmer additional 5 minutes.
6. Add cooked noodles, parsley (or chives) and serve.

Vegetarian Substitution Suggestion: Tofu Noodle Soup – Use tofu instead of chicken and vegetable broth instead of chicken broth. Skip step 2 and when adding peas (in step 5) add cubed tofu. For one vegetarian serving, use about 3 oz (90 g) tofu.

Nutrition Information

Serving 185 g (1 cup)

Calories 110

Fat 1.5 g

Saturated 0 g

+ Trans 0 g

Sodium 170 mg

Carbohydrates 11 g

Fibre 2 g

Sugars 2 g

Protein 14 g

Calcium 20 mg

Iron 1 mg

Food Guide Servings

½ Vegetable & Fruit

½ Grain Product

1 Meat & Alternative

