

Hearty Homemade Chicken Noodle Soup

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 3 cups water
- 4 1/2 cups low-sodium fat-free chicken broth
- 1 1/4 cups flour
- 2 eggs
- 3 tablespoons water
- 2 chicken breasts, cooked and chopped
- 2 cups mixed vegetables, fresh, canned, or frozen
- 1/4 teaspoon pepper

Directions:

1. In a large pot add water and chicken broth; bring to a rolling boil.
2. For noodles: Put flour in a medium bowl, make a well in center and add eggs. Mix well.
3. Add water 1 tablespoon at a time, until dough is stiff but easy to roll.
4. Put dough onto a floured surface and roll with a rolling pin until thickness is about 1/2-inch.
5. Cut into 1/4 to 1/2 inch strips, about 3-5 inches long. Let sit for 5-10 minutes.
6. Add egg noodles one at a time to water and chicken broth mixture.
7. Bring the soup back to a boil.
8. Add chicken, vegetables and pepper.
9. Boil for 12-15 minutes or until noodles are tender.
10. Serve warm.

Bright Ideas:

Nutrition Facts			
Serving Size 1 cup (232g)			
Servings Per Container 10			
Amount Per Serving			
Calories	110	Calories from Fat	20
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	270mg		11%
Total Carbohydrate	13g		4%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	9g		
Vitamin A	20%	•	Vitamin C 10%
Calcium	2%	•	Iron 6%
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

10 servings, 1 cup each

Source: Emilee Hugie, OSU Extension, Warm Springs Indian Reservation. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>