

Chicken Vegetable Soup with Kale

From the States Department of Agriculture What's Cooking USDA Mixing Bowl
<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-vegetable-soup-kale>

Ingredients

- 2 tsp. vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot chopped
- 1 tsp. ground thyme
- 2 garlic cloves, minced
- 2 cups water or chicken broth
- 3/4 cup tomatoes, diced
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown rice, cooked (or white rice)
- 1 cup kale, chopped

Instructions

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

Makes 3 servings

Nutrition information per serving

Calories: 180	Dietary Fiber: 3 g
Total Fat: 5 g	Sodium: 85 mg
Saturated Fat: 1 g	Protein: 17 g
Cholesterol:	Carbohydrates: 16 g