

## Chunky Chicken Vegetable Soup25

Number of Servings: 25 (422.69 g per serving)

Amount	Measure	Ingredient
25.00	ea	Chicken, broiler/fryer, thigh, w/skin, raw
4 3/4	qt	Water, tap, municipal
7.00	Tbs	Base, chicken, low sod, 0144, FS
8 1/2	cup	Peas, garden, fzn
5 1/2	cup	Potatoes, peeled, ckd, diced
5 1/2	cup	Carrots, fzn, slices
5 1/2	cup	Celery, fresh, diced
2.00	cup	Onion, white, fresh, chpd
8 1/2	Tbs	Herb, parsley, dried
1 1/4	tsp	Salt, table, iodized

### Nutrients per serving

Nutrition Facts	
Serving Size (423g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 3g	
<b>Protein 21g</b>	
Vitamin A 90%	Vitamin C 20%
Calcium 4%	Iron 10%
*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	

### Instructions

1 serving= 1 1/2 cups = 1 CS

In a saucepan, combine chicken thighs(or legs) , water, low sodium chicken base. Cook, covered until chicken is done(165F) and tender, about 1 hour. Remove chicken pieces; debone and dice chicken meat; return chicken meat to broth.

Add peas, potatoes, carrots, celery, parsley, and onion. Cover.

Return to a boil, then reduce heat and simmer until vegetables are tender.

HACCP:

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.