

Chicken Soup

Serves 8
Cook Time: 1 hour
(may simmer longer)



Adapted from: [Recipes.Heart.org](https://www.recipes.heart.org)



**Greater Cleveland
Food Bank**

INGREDIENTS

- 2 TBS cooking oil
- 1 pound chicken, boneless/skinless*
- 1 onion, chopped (about 1 cup)
- 2 carrots, sliced (about 2 cups)
- 2 stalks celery, sliced (about 1 cup)
- Garlic, minced or powder (to taste)
- 1 zucchini, sliced (optional)
- 8 cups water or low-salt broth
- Choice: 1 cup dry rice, pasta or corn
- Choice herbs to taste (parsley, cilantro)
- Salt and black pepper (to taste)
- Other seasonings to taste (hot pepper)

DIRECTIONS

1. Heat oil in large pot on medium-low.
2. Add chicken and vegetables; cook.
3. Add liquid and bring to boil.
4. Cook chicken to 165°F internal temperature, then shred/chop.
5. Add pasta or rice and cook until tender.
6. Season to taste with herbs/spices/citrus.

**Bone-in chicken is great too, though you'll need to pull the meat off the bone to eat it.*

CHICKEN SOUP has a reputation as being a top comfort food for many. With vegetables, protein, complex carbs, soothing broth and aromatic herbs, this versatile soup eats like a meal and provides many vitamins and minerals. May also be made in a slow-cooker.

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