

Farmers Market Fun Family Recipes



**CHICKEN
VEGETABLE
SOUP
WITH KALE**

Serving Size: 1/3 recipe
Yield: 3 servings

Ingredients

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

Instructions

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

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Nutrition information:

Calories: 180
Carbohydrate: 17 gm
Fiber: 3 gm
Fat: 5 gm
Protein: 17 gm
Cholesterol: 40 mg
Sodium: 80 mg


*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



*From SNAP-Ed Connection
Recipe Finder <http://recipefinder.nal.usda.gov/index.php>*

Food Safety First 

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember 

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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