



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Quick Chicken Noodle Soup...

Soups are a great way to use up leftovers and a very simple strategy to add nutrient dense, powerhouse foods like vegetables and whole grains to your meals. Believe it or not, there is a "Quick Method" for soup that makes a budget friendly, healthy meal that tastes like it simmered all day on the stove. All it takes is a little creativity and keeping a few "starter items" on hand.

The healthiest soups are low-fat and low-sodium. The best way to keep fat and calories in check is to use low-fat meat (lean pork or beef) and poultry (skinless turkey or chicken) or drained and rinsed canned legumes/beans (kidney beans, black beans, etc.). Be sure to keep the sodium in check by using fresh or frozen vegetables that are not in a sauce and/or low-sodium canned vegetables that have been drained and rinsed and low-sodium broth/stock. Instead of using salt for seasoning, add a variety of flavors by experimenting with spice and herb combinations such as garlic, pepper and rosemary OR curry and garlic OR chili powder, pepper, cilantro and garlic.

Be sure to make your soup hearty enough to satisfy your family at dinner by using the following as a guide:

- Select a broth (low-sodium chicken, vegetable, or beef) that is like the protein item in your meal. Use chicken broth for soups that include poultry or vegetable broth for soups with canned legumes/beans.
- Make the majority of the solid items vegetables. Stewed tomatoes count as a vegetable and taste great with canned legumes/beans and lean red meat.
- Use a whole grain item like whole wheat noodles, barley or brown rice. The amount of this item should be no more than ½ the amount of vegetables.
- Use about 8-10 ounces of lean protein to compliment the other ingredients in your soup.
- Season as desired



Directions

1. Pour a 32 oz. box of low-sodium chicken broth in a large pot with 1 ½ - 10 oz. bag of frozen mixed vegetables (a ½ bag will not be used) and bring to a boil on the stove over medium high heat. (If you have Bay leaves on-hand, then add two to the pot.)
2. While the broth and vegetables are simmering, dice one small onion.
3. Place about 8-10 oz. of frozen boneless chicken strips in microwave safe dish with 1 cup of water and the diced onions, cover and microwave on high for 2 minutes.
4. Remove the chicken from the microwave, cut into bite sized pieces, and add the chicken and the onions with liquid to the pot.
5. Add third of a 16 oz. box of penne pasta (preferably whole wheat or whole grain) to the pot of broth, chicken, and vegetables.

Serves: 4

6. Turn down the heat to prevent the liquid from boiling over and simmer for about 8 minutes or until the pasta is tender. Season to taste with pepper, garlic powder, and just a few dashes of dried basil.
7. Serve this hearty soup in a deep bowl alongside a piece of your favorite fresh fruit.

NOTES:

- In Step 3, The chicken won't be fully cooked. It will finish when added to the soup.
- Freeze individual servings for a quick after school or late evening snack or tote to work.
- Keep a container in your freezer and rather than throw out a few bites of leftover veggies such as corn, green beans, lima beans, etc., put them in the container. Use this when container is full in Step 1. instead of bag of vegetables.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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