

# Low-Sodium Chicken Soup

By making your own soup, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



## Ingredients:

3 lbs	Chicken, cut in pieces	1.5 kg
9 cups	Water	2.25 L
1	Bay leaf	1
1	Small onion, peeled	1
3	Celery stalks, diced	3
½ cup	Onion, chopped	125 mL
½ cup	Carrots, chopped	125 mL
½ cup	Fresh parsley, chopped or 8 tsp (40 mL) dried	125 mL
½ cup	Uncooked barley	125 mL
1	Turnip	1
2 tsp	Lemon juice	10 mL
½ tsp	Black pepper	2 mL
¼ tsp	Celery seed	1 mL
1 cup	Green beans, cut	250 mL
¼ tsp	Basil	1 mL

## Directions:

1. Place chicken, water, bay leaf, and small whole onion in a large pot.
2. Bring to a boil, and then reduce heat.
3. Simmer 1½ hours until chicken is tender.
4. Remove chicken. Skim fat off broth.
5. Remove onion and bay leaf.
6. Remove the skin and bones from the chicken and discard them.
7. Cut chicken into bite-sized pieces and add back to pot.
8. Add celery, onion, carrots, parsley, barley, turnip, lemon juice, pepper, and celery seed.
9. Cover and let simmer 20 minutes.
10. Add green beans. Cook for 15 minutes or until beans are tender. Add basil when there is 5 minutes of cooking time left.

**Makes 8 servings (1½ cups/ 375 mL/ 481g)**

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<b>Nutrition Facts</b>	
Per 1/8 of recipe (1½ cups/ 375 mL/ 481g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 260	
<b>Fat</b> 5.4 g	<b>8 %</b>
Saturated 1 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol</b> 95 mg	
<b>Sodium</b> 104 mg	<b>4 %</b>
<b>Carbohydrate</b> 15 g	<b>1 %</b>
Fibre 4 g	<b>14 %</b>
Sugars 2 g	
<b>Protein</b> 36 g	
Vitamin A	225 %
Vitamin C	15 %
Calcium	6 %
Iron	1 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	4 g
Low in saturated fat	1 g
Low in sodium	104 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	2 ½