



Chicken Noodle Soup

Recipe Card

Source: Axxya Systems

Yield: 4 (1.500 cup(s))

No. Ingredients: 12

Category: Soup, Meat or Legume Based

Manufacturer: (None)

Ingredients

1 tsp vegetable oil
 1/2 cup onions, minced
 1/2 cup carrots, diced
 1/2 cup celery, sliced
 1/2 tsp garlic powder
 1/8 cup flour
 1/4 tsp dried oregano flakes
 3 cup chicken broth, reduced sodium
 2 cup potatoes, peeled, diced
 1/4 cup chicken, cooked, chopped
 1/2 cup whole milk
 1 cup noodles, yolk free, enriched, uncooked

Instructions

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

Nutrients Per Serving

Kilocalories	145.736	kcal	Sodium	333.259	mg
Protein	9.140	g	Vitamin A (RE)	399.226	RE
Carbohydrate	19.877	g	Vitamin C	28.324	mg
Fat, Total	3.513	g	Calcium	77.543	mg
Cholesterol	21.083	mg	Iron	2.067	mg
Saturated Fat	1.178	g	Dietary Fiber, Total	4.027	g

HACCPs

Cook all poultry to 165° F (74° C) or above for 15 seconds.
 Do not use a utensil more than once to taste food that will be sold or served.
 Single-use gloves shall be used for one task and discarded when damaged, soiled, or interruptions occur in the operation.
 Wash hands after handling soiled equipment or utensils.
 Wash hands when switching between working with raw food and ready-to-eat food.

