



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 27th, 2014 Cooking Class

Featuring

Dan and Tiffany Gagliardo

Of D'Avolio's Olive Oil and Vinegars

Chicken Soup

Serves 6

Ingredients:

- 3 Carrots, peeled and chopped
- 1 Stalk celery, chopped with tops
- 5 Cups chicken broth
- 3 Cubes chicken bouillon
- 3 Pieces chicken, uncooked, bone in thighs work well

(Optional Variation)

- 2 Eggs
- ½ Cup grated cheese
- 1 Bag spinach, chopped

Directions:

- 1) Put carrots, celery, broth, bouillon, salt, chicken in a soup pot.
- 2) Bring to a boil then put on medium heat.
- 3) Cook for 1.5 hours
- 4) Take out chicken and chop/shred, then put back in.

Variations:

- After cooked for 1.5, add the eggs, cheese, and spinach.

Another variation:

- Add rice, pastina, orzo, or wild rice

Nutrition Facts	
Serving Size: Servings:6	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1360mg	57%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 25g	
Vitamin A 110%	• Vitamin C 6%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

