



Easy Chicken and Egg Noodle Soup

Add Asian flavors to a traditional chicken soup using soy sauce, garlic, and ginger.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 15 minutes

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INGREDIENTS

- 2 teaspoons** canola oil
- 1 cup** onions, fresh, peeled, ¼" diced
- ½ teaspoon** ginger, ground
(1 teaspoon ginger, fresh, grated)
- 1 clove** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- ¼ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- 9¼ ounces** chicken breast, boneless, skinless, cooked, ½" diced
(if using raw chicken, see chef tips, next page)
- 5 cups** chicken broth, low-sodium
- 2 tablespoons** soy sauce, low-sodium
- 3 ounces** stir-fry/Chinese egg noodles, enriched, uncooked
- 1½ cups** cabbage, fresh, shredded
- 1 quart** spinach, fresh, baby spinach leaves, whole, packed
- ¼ cup** green onion with tops, fresh, chopped
- ½ teaspoon** sesame oil

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DIRECTIONS

- 1.** Heat canola oil in a medium pot over medium–high heat.
- 2.** Add onions, and cook for 3 minutes or until onions are soft.
- 3.** Stir in ginger, garlic, salt, and pepper.
- 4.** Cook for 1 minute or until ginger and garlic become fragrant.
- 5.** Add chicken, chicken broth, and soy sauce. Bring to a boil, and continue cooking on medium–high heat, 5–7 minutes. Heat to 165 °F or higher for at least 15 seconds.
- 6.** Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft. Heat to 140 °F or higher for at least 15 seconds.
- 7.** Stir in spinach, green onions, and sesame oil. Remove from heat.
- 8.** Serve 1¼ cups.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 ¼ cups.

Nutrients	Amount
Calories	194
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Total Fat	7 g
Saturated Fat	2 g
Cholesterol	54 mg
Sodium	402 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	18 g
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Vitamin D	N/A
Calcium	55 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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CACFP CREDITING INFORMATION

1 ¼ cups provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

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CHEF TIPS

Variations

For a lower cost option, cook raw chicken breast to 165 °F, and cut into ½" diced pieces. For 6 servings use 12¾ oz; for 25 servings, use 3 lbs 4¾ oz; and for 50 servings, use 6 lbs 9½ oz.

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

If serving younger children, chop spinach.

Spaghetti noodles may be substituted for the egg noodles; however, cooking time will vary.