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, $\frac{1}{4}$” diced
- **$\frac{1}{2}$ teaspoon** ginger, ground  
  (1 teaspoon ginger, fresh, grated)
- **1 clove** garlic, fresh, minced  
  (1 clove is about $\frac{1}{2}$ teaspoon minced)
- **$\frac{1}{4}$ teaspoon** salt, table
- **$\frac{1}{2}$ teaspoon** black pepper, ground
- **9\frac{1}{4}$$ ounces$$** chicken breast, boneless, skinless, cooked, $\frac{1}{2}$” 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
- **1\frac{1}{2}$$ cups$$** cabbage, fresh, shredded
- **1 quart** spinach, fresh, baby spinach leaves, whole, packed
- **$\frac{1}{4}$ cup** green onion with tops, fresh, chopped
- **$\frac{1}{2}$ teaspoon** sesame oil

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**DIRECTIONS**

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.
NUTRITION INFORMATION

For 1¼ cups.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>194</td>
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<tr>
<td>Total Fat</td>
<td>7 g</td>
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<tr>
<td>Saturated Fat</td>
<td>2 g</td>
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<tr>
<td>Cholesterol</td>
<td>54 mg</td>
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<tr>
<td>Sodium</td>
<td>402 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Added Sugars included</td>
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<tr>
<td>Protein</td>
<td>18 g</td>
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</tbody>
</table>

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://teamnutrition.usda.gov

CACFP CREDITING INFORMATION

1¼ cups provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

CHEF TIPS

Variations
For a lower cost option, cook raw chicken breast to 165 °F, and cut into ¼" 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.