

Chunky Chicken-Potato Soup

4 cups canned no-salt-added chicken broth, undiluted
3 cups peeled, cubed baking potato
2 cups chopped onion
1 cup chopped carrot
½ teaspoon salt
⅛ teaspoon ground red pepper
⅛ teaspoon black pepper

2 cups chopped cooked chicken breast (skinned before cooking
and cooked without salt)
¼ cup skim milk
1 (2-ounce) jar diced pimiento, drained

½ cup nonfat sour cream alternative
½ cup (2 ounces) shredded reduced-fat sharp Cheddar cheese
Chives, cut into 1-inch pieces (optional)

1 Combine first 7 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.

2 Place half of vegetable mixture in container of an electric blender or food processor; cover and process until smooth. Add pureed mixture, chicken, and milk to mixture in Dutch oven. Cook over medium heat until thoroughly heated, stirring occasionally. Stir in pimiento.

3 Ladle soup into individual bowls; top evenly with sour cream and cheese. Garnish with chives, if desired. Yield: 8 (1-cup) servings.

Nutritional content per serving Calories 193

Fat 3.1 g (Sat Fat 1.3 g) Carbohydrate 19.7g Fiber 2.5 g Protein 19.3 g Cholesterol 43 mg
Sodium 262 mg



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Providing guidance and support to make the "healthy choice the easy choice!"

