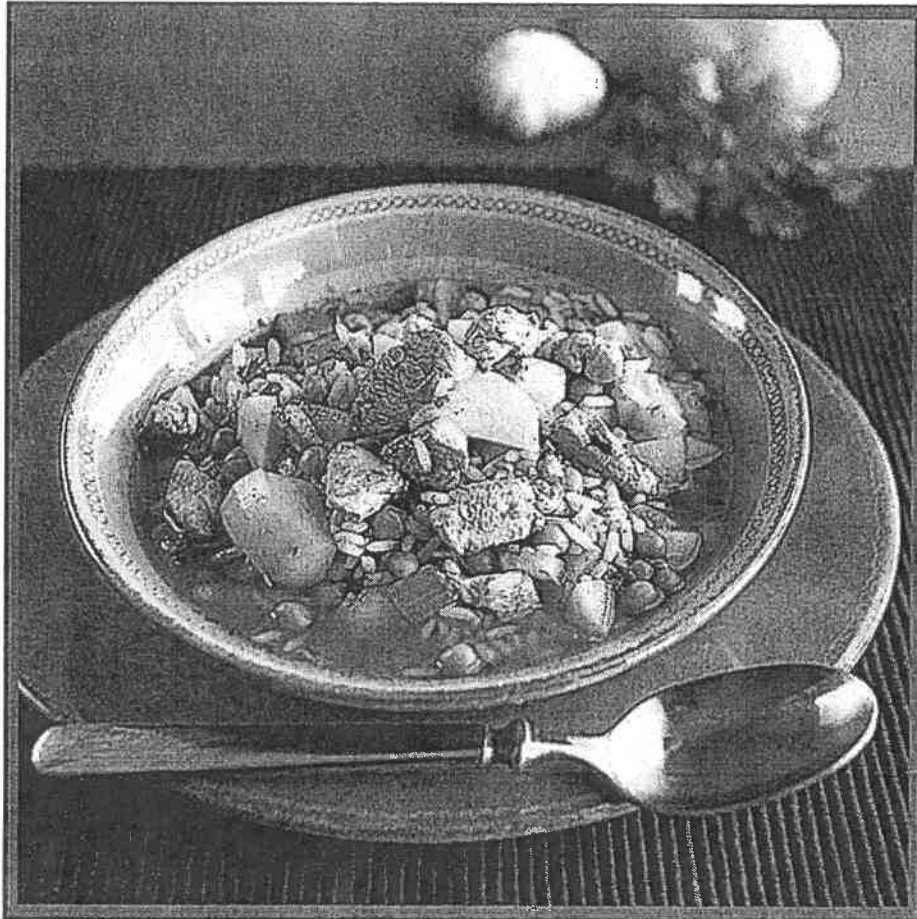


## Potato Soup

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (415g)**

|               |        |           |        |               |       |
|---------------|--------|-----------|--------|---------------|-------|
| Calories      | 225    | Total fat | 3.4g   | Saturated fat | 0.4g  |
| Cholesterol   | 13mg   | Sodium    | 38mg   | Carbohydrate  | 40g   |
| Dietary Fiber | 5g     | Sugars    | 4g     | Protein       | 10g   |
| Vitamin A     | 15% DV | Vitamin C | 57% DV | Calcium       | 5% DV |
| Iron          | 14% DV |           |        |               |       |

Percent Daily Values are based on a 2,000 calorie diet.

## Potato Soup

.....

### Ingredients

- 1 cup **onion**, chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon **vegetable oil**
- ¼ pound **chicken**, thawed, cut up, and skin removed from each piece
- 4 cups water
- 6 small **red potatoes**, chopped (or 1 can, about 15 ounces, **low-sodium sliced potatoes**)
- ¼ cup **white rice**, uncooked (or brown rice)
- ½ teaspoon chili powder (or paprika)
- 1 cup peas (or ½ can, about 8 ounces, **low-sodium green peas**)
- ½ teaspoon cayenne or jalapeño chilies, diced (if you have it)
- ½ cup fresh parsley or cilantro, chopped (if you have it)

### Directions

1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now.
8. Mix well and cover for 5 minutes. Serve hot.

### Serves 6



**Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.