



Total Time
45 MIN.

Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
EASY

Yields
50

Flavorful, classic chicken noodle soup made with whole grain rotini and Swanson® Unsalted Chicken Broth with under 200 mg of sodium per serving.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 91	
% Daily Value	
Total Fat 0.8g	1%
Saturated Fat 0.2g	1%
Cholesterol 10mg	3%
Sodium 175mg	7%
Total Carbohydrate 13.9g	5%
Dietary Fiber 1.8g	7%
Protein 8.5g	17%
Vitamin A 8%	Vitamin C 3%
Calcium 3%	Iron 4%

INGREDIENTS

WEIGHT

MEASURE

	Swanson® Unsalted Chicken Broth	15 1/2 qt.
celery, chopped	24 oz.	5 3/4 cups
carrot, peeled, chopped	12 oz.	3 cups
onion, chopped	14 oz.	2 333/1000 cups
dried parsley flakes, crushed	0 oz.	1/4 cups
poultry seasoning		1 tsp.
onion powder	1 oz.	1/4 cups
garlic powder	0 oz.	1 tbsp.
salt	1 oz.	2 1/4 tsp.
black pepper, ground		1 tsp.
whole grain rotini (spiral) pasta	24 oz.	1 gallons
cooked diced chicken	26 oz.	5 cups

INSTRUCTIONS

1. Combine broth, celery, carrots, onions, parsley, onion powder, garlic powder, salt, and pepper in a kettle or large stockpot.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add rotini and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
CCP: Heat to 165° F or higher for at least 15 seconds.
4. Transfer to serving pans.
CCP: Hold for hot service at 140° F or higher.
5. Portion with 8 oz ladle (1 cup).

 **TIP**

Cooked diced turkey may be used in place of chicken in this recipe.

Each batch of 50 servings yields about 27 pounds or about 3 gallons + 2 cups of soup.

Measure the salt carefully to control the sodium content of this recipe.

Meal Contributions: Meat Alternate- 1/2 oz; Grain- 1/2 oz.