Rich Chicks
RICH IN NUTRITION

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Healthy Chicken Noodle Soup

with Seasoned Hand Pulled Chicken
80 Dark /20 White Meat, NAE
RC Product Code: 97103

Serving Size:	1 cup
Yield:	100 servings
Contribution:	1 oz M/MA, 1/2 grains, 1/8 cup other vegetable

Nutritional Information

Portion	1 cup	**Cholesterol (mg)**	49
Calories	180	**Sodium (mg)**	194
Total Fat (g)	6.37	**Total Carbohydrates (g)**	16.1
Saturated Fat (g)	1.06	**Sugar (g)**	1.95
Trans Fat (g)	0	**Protein (g)**	16.4

Ingredients	Amount	Instructions
Rich Chicks Seasoned Pulled Chicken	10 lbs	Boil in Bag. Drop pouches into boiling water and heat for 55 minutes or until product reaches desired temperature.
Olive Oil	1 1/3 cup	Place olive oil in Stock pot or steam jacketed kettle. Saute carrots, onion and celery until tender. About 6 - 8 minutes. Add garlic and saute 1 minute more.
Frozen Sliced Carrots	3 pound	
Yellow Onion, diced	1 pound	
Celery, diced	3 pounds	Add chicken stock, shredded chicken, white pepper, and Italian Seasoning. Bring to a boil.
Minced Garlic	3 ounces	
Unsalted Chicken Stock	4.5 gallons	Add egg noodles and cook for 6 - 8 minutes or until noodles are tender.
White pepper, ground	1 teaspoon	
Italian Seasoning	3 Tablespoons	Place soup into two 6" deep full sized pans. Add 1 gallon ice to each pan to stop the noodles from continuing to cook. Hold for service. Reheat right before service. Serve using an 8 oz ladle.
Whole Grain Egg Noodles	4 pounds	
Ice	2 gallons	

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It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.